LIFE, YOUTH, & SUCCESS

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LIFE, YOUTH AND SUCCESS

CONSTRUCTIVE PSYCHOLOGY FROM A TO Z

AN ALPHABET OF AFFIRMATION

By

HARRY GAZE

Author of "How to Live Forever," "Eternal Youth," "Perpetual Life and Efficiency Series," etc.

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FOREWORD

LIFE, YOUTH AND SUCCESS *is a philosophical* study for busy men and women. It presents in unique form many highly interesting and stimulating facts pertaining to the nature and possibilities of man, each of which claims thoughtful consideration.

This volume is the result of earnest study and observation, covering a period of over twenty-two years, during which time the author traveled more than two hundred thousand miles and lectured in hundreds of towns and cities, often appearing scores of times in the same city. It represents a wide acquaintance with books, embracing the principal sciences, especially biology, physiology, psychology, evolution, and individual attainment of notable men and women in all the great nations of the world, and also represents the result of personal contact with thousands of students and advanced thinkers in England and America.

The author early recognized that it is only through contact with others that many of the

most important lessons of life are learned; and we all know that education becomes practical only when life itself supplements activities in the laboratory or the library.

LIFE, YOUTH AND SUCCESS seeks to open to the student the only foundations upon which the truly successful career can be built. During his exceedingly active experience as a platform speaker, lecturer and teacher, the author has been interested in causes rather than effects. He has constantly sought to emphasize the appreciation of vitalized, dynamic thought, in the affairs of every-day life, and his writings abound in many of the most striking and helpful teachings as to the essential value of right thinking, that are to be found in the English language.

He places the supreme emphasis upon thought, out of which the visible universe, in every detail of its minutest part, has come into existence, and through the potency of which every visible thing is formed and sustained.

He also emphasizes the importance of right motive as the only basis of rational living, and shows that a kindly and generous nature has nurtured us and brought us to a stage of this marvel-

ous Twentieth Century, where many men and women are prepared to receive the message of CONSCIOUS CONSTRUCTIVE EVOLUTION—one of the most welcome and far-reaching messages that has ever found entrance to the mind of man.

CONSCIOUS EVOLUTION, according to the system here presented, means scientific, constructive thinking for continuous advancement, and constructive thinking, we are assured, means youth, health, happiness, and abundance of material prosperity.

Surely here is something worth while!

The simple statement of the principles of the New and Applied Psychology, which any earnest student may learn and apply, carries conviction to the open mind; and the application of the principles, clearly stated from many points of view, in this volume, would work a silent revolution for harmony and happiness throughout the world, and would prove the greatest blessing in all departments of life that imagination can conceive.

The book is written entirely from the constructive point of view and only constructive words are employed. Instead of reading this volume

straight through from the beginning, the reader may begin on any page, at any topic, as in a cyclopedia. Later he will turn to the first title and read through the book, so interesting are the items and so inspiring are the ideas. Every paragraph in the book throbs with life and encouragement, in full agreement with experience and with common sense. The pages sparkle with words of surprising cheer to all who are awake as to the value of life, or who are interested in self-culture, the promotion of individual efficiency, or the accomplishment of noble aims.

LIFE, YOUTH AND SUCCESS will be the favorite companion of thousands of Twentieth Century people who have been longing for just such a wise and sane counselor—to set them free!

JAMES W. FREEMAN,

Assistant Editor, WHO'S WHO IN AMERICA.

CHICAGO, ILLINOIS, *November, 1920.*

LIFE, YOUTH AND SUCCESS

ABILITY

Constructive Psychology teaches us that ability is the practical realization of our inherent capacity to be and to do that which the mind truly conceives, desires and wills. Ability is within; we need to draw it out by expression. We can cultivate ability by the cultivation of our inner powers. Know that you have *inherent* ability. Use your intuitions, as well as your reason, to discover and to develop your desired abilities. Be fully assured that you can and will be an individual of marked ability and talent in all chosen directions. Utilize your affirmative power by inspired and intelligently directed activities.

ABSOLUTE

The Absolute is divine, perfect, unchanging Being. It is the Supreme Reality of the Uni-

verse. It is Almighty God. It is Infinite Life, Love and Wisdom. It is "the same yesterday, to-day tnd forever."

The most far-reaching thought ever conceived by man is that when our minds dwell on the thought of the Absolute Perfection as Life, Love, Truth, Joy, Wisdom and Beauty, and we realize our unfailing oneness with this Power in the reality of being, then these principles are expressed in our lives. In this realization we awaken to find that we are eternally living, loving, truthful, joyous and wise beings.

ABUNDANCE

Abundance is the divinely natural order of life; for life is super-abundant. We live in a rich and opulent universe, and through our full attunement with reality, we will unfailingly express abundance. Thinking abundance, we will live the abundant life in all respects. The Truth comes "that ye might have life, and that ye might have it more abundantly." The foundation of an assured abundance is a firm understanding of the essential reality of abundance, so that the entire being is permeated with the

magnetic and radiating power of this true conviction. (See Opulance, Optimism, Prosperity and Success.)

ACTIVITIES

Let us consider the word activities in connection with affirmation. By activities in the sense here used, is meant the particular actions or conditions we employ in immediate fulfillment of the power inspired by affirmation.

As a result of positive affirmation, we are buoyed up to a high and creative attitude of mind. While the vitalized emotion is strong, we may seize upon the advantage by some definite initiative.

There is sound philosophy embodied in the saying, "God helps those who help themselves!" By combining the constructive, inspiring affirmations, with wisely chosen activities, much practical good can be accomplished. Some have found it a great help to arrange a series of affirmations and appropriate activities in advance for a week or month, and it is splendid development for the will to carry them out as planned. Of course, the formally arranged affirmations and activities

will simply supplement those that the more immediate occasion and inspiration suggests. Activities may consist, for example, of health exercises, dancing, athletics, running, bending or stretching, following a health affirmation. To follow an affirmation of ability, one might proceed to practice the desired art. While the incentive is at white heat, sing, speak, write, construct, or invent, etc. (See Affirmation.)

ADJUSTMENT

In the light of the New Psychology, the pathway to all adjustment is made clearer, and the result is far more perfect. In adjustment between individuals, the first thing is to know that in the Divine Mind there is the power and wisdom to perfectly adjust every situation that can possibly arise. Seeking for the points of agreement is an essential method in the new order of life. One should frequently affirm that all affairs, internal and external, individual and social, will grow into more and more perfect adjustment. We bring about this more perfect adjustment when we exercise our true power of perception, and look for an "inside" vision of things.

ADVANCEMENT

Advancement is the inevitable forward movement that follows ideals of progress, betterment, and initiative, steadily held in the mind. Life should manifest perpetual advancement. One should constantly seek to excel his own previous standard of thought, word, and action.

Our ideals expand by keeping our thoughts young and progressive. Keeping alive our ideals produces steady advancement in all planes of existence.

AFFIRMATION

In the attainment of health, happiness, success and continuous unfoldment of life toward higher standards of expression, one of the most effective and pleasing methods used is that of affirmation.

Affirmations consist of ideal statements made silently or audibly, for the purpose of heightening the degree of realization of the truth expressed in them. Psychologically, the effect is to convey an adequate suggestion to the subconscious mind, and ensure that its powerful and

constant activities will be engaged toward the fulfillment of the ideal.

In an affirmation, the individual overlooks the prevailing conditions, to contemplate and announce the ideal he desires to embody. Whatever the outer appearance, he affirms the verity of his health, happiness or success in spiritual Reality, or in another mode of affirmation, his inherent power to achieve the desired states.

Affirmations may, therefore, be divided into two principal classes. One of these, we may designate the method of Absolute Affirmation. The other method may be known as Relative Affirmation.

Absolute Affirmations are made from a consideration of the divine and perfect Principle of Being. From this standpoint the individual may affirm, "In divine reality, I am strong, well, young, successful."

Relative Affirmations are made from the standpoint of the relative, the realm of differentiation, change, contrast and progress. In this form of affirmation, the individual might say, for example: "I realize that the power is within me to be strong, well, young and successful, and I am now

growing to express this power." One might simply say, "I am constantly becoming healthier, stronger, younger and more successful.

It will be clearly seen that absolute affirmation is based on the idea of *Being,* and the relative affirmation on the basis of *becoming.*

Both absolute and relative affirmations have splendid value. The important consideration is that they should be made understandingly. When making the absolute statement, one should know that he is speaking the perfect truth concerning his Divine Being, and that his consciousness of this truth will adjust and harmonize the outer conditions. Whatever additional activities or conditions may be essential to the consummation of his ideal, he will be inspired to follow. In making the relative affirmations in terms of becoming, the affirmer should know that he is now seeking to establish the Good, already created, and to bring the Good into Manifestion in the condition desired.

The power of affirmation depends primarily on your realization of the Omnipresent and Omnipotent Good, as a present and eternal reality. The real purpose of our lives is to bring the

latent good into external evidence. In other words, affirmation is a power to manifest the inner power or perfection in a form in which it can be made visible, and then tangibly utilized. Affirmation is stating the *real* truth to make it *actual* or manifest.

The power of affirmation is based upon the fact that the inner, essential life of man is perfect, "in the image and likeness of God."

AGREEMENT

Agreement, psychologically considered, represents the act of blending two or more minds in any attainment. Healing another is the result of an agreement, silent or expressed, that the result of the chosen exercises shall be good health.

In agreement, there is freedom, progress and power. "Where two or three are gathered together in My name, there am I, and that to bless." Thus veritable miracles may be wrought through agreement made in the sacred name of Truth.

ALCHEMY

Life is divine alchemy. The Master Alchemist within us is constantly transmuting the

elementary material into the substance of life and beauty. The apple you eat receives the power of your subconscious transmutation, and is changed into flesh and blood. The lily growing out of the earth is a precious symbol of alchemy. "Consider the lilies." Turning water into wine is a symbol of transmutation and regeneration. We can consciously co-operate with the alchemical power, and with wise thought, imbued with the creative force of love, we can transmute the body to eternal health. We may transmute simple secretions of internal glands into the elixir of life.

What more divine alchemy can one imagine than that of "the word made flesh." Yet this alchemy is at all times possible whenever the "I Am That I Am" is understandingly realized. In the knowledge and realization of at-one-ment with God, there is everlasting life and youth.

AMBITION

True ambition is the result of the mind's desire to know and realize its greatness. Ambition should be rightly interpreted, appreciated and cultivated. It is a mighty force to bring the

desired attainment. True ambition is the persistent desire to surpass one's own previous standard of accomplishment.

We are our own competitors. Today we should go ahead of the self of yesterday and earnestly believe in the ultimate accomplishment of every ideal.

Ambition will help others, as well as ourselves, when we act from the standpoint of the One Life in all and through all.

ANTICIPATION

Persistent anticipation is a formation in invisible elements of power, of the condition we anticipate or look forward to. We tend to attract into our lives the conditions we habitually or intensely anticipate. A resolute endeavor, therefore, should be made to turn our anticipations in increasingly constructive directions. Anticipate the good, affirm the good, and act in accordance with the good, and you make it inevitable. Live in the anticipation of seeing your life grow brighter, healthier and happier with the advancing years. Anticipate only increase of energy, power and wisdom.

ART

Life is a fine art. We should seek to manifest the symmetry, beauty and wholeness of life. Life in its reality is a symphony and a song, and by right thinking we can attune ourselves to it. We may chisel the mind with fine thoughts. The body can be molded by the grace and power of noble emotions and thoughts, co-ordinated with happy, healthful exercises, until it is a temple of artistic beauty. Soul-building, mind-building, and body-building are all master arts in which we are engaged.

When we have mastered these vital arts, all life will be beautiful. We will manifest the beauty within ourselves in beauty of society, and beauty of surroundings.

Our real artists will be those who inspire us to more artistic life-building by the skilled constructiveness of their paintings, their music, their songs, their hymns, their speech or their good, sound workmanship of any kind. The creators will compose and the singers will sing only the songs of love, life and triumph. The artists will interpret for us, by brush and color, or by chem-

istry and light, only the images we, in our own personalities, would love to embody. We must enlist the services of all the artisans and the artists of the world to build the New Earth.

ATOM

Science tells us that the atom formerly thought to be the smallest particle logically imaginable, is really composed of innumerable electrons. We get another glimpse of the wonder of the universe as we realize that each atom is as a miniature universe, in which the electrons are as the shining suns, stars and planets.

In our bodies, there is ceaseless, atomic activity. Through this activity and change, the body is intelligent and responsive, and, therefore, to the quality of each thought, every atom must respond.

AT-ONE-MENT

At-one-ment is the highest state of mind, for it is that in which we are consciously at one with the Divine Life. Ultimately, we will attain consciousness of at-one-ment with all life. There is one life in an infinite variety of manifestations.

To realize the underlying unity of all life will bring us into harmony with the Supreme Source from which all Life, Power, and Wisdom flow.

The exquisitely divine prayer of the world's greatest teacher was "that ye may be one with the Father, even as I am one with the Father."

The reason why you should love your neighbor as yourself is because he is yourself.

ATMOSPHERE

We can charge our mental atmosphere with etheric vibrations of Love, Life, Happiness and Power by thinking corresponding thoughts and directing all our activities in the light of these thoughts. Everyone should express a healing, helpful, spiritual atmosphere. People will love to do business with you if you carry a mental atmosphere of sincerity and success. One secret of superb achievement is to have the right qualities established in your thought atmosphere. In this state, you are a radio station from which only the Good circulates.

ATTRACTION

The Law of Attraction is that principle by which we attract into our lives the persons, the conditions and the events with which we have established inner correspondences or relationships.

We are living in a universe of law and order. There is a reason for everything.

When we have organized the right inner correspondences, we attract whatever we need to perfect, enrich and beautify our lives. It naturally follows that our principal activity should be the development of correct mental attitude. As one builds up within himself a consciousness of the Infinite Supply, and thinks richly and generously both in respect to himself and others, he becomes a veritable magnet to which prosperity is irresistibly drawn. When one builds up an interior state of love and good will to all men, and realizes the universe, rightly interpreted, to be a psalm of love, he becomes a magnet to attract into his society glad, reciprocal service, and those who love and honor him. Similarly, healthful thoughts and wholesome emotions form a per-

fect invitation to all the hosts of health to live and abide with him.

You surely bring into the vortex of your life, with perfect attraction, all that you have organized consciousness to relate with. Every active element of the universe is hurrying to meet the call of some force to which its motion is a response.

The Law of Attraction is another name for Deity. This is equivalent to saying, "God is Love." Because this divine love-force pervades the universe, the Law of Attraction is everywhere operative.

ATTITUDE

The secret of health, happiness and success and unfoldment is to have the right attitude to life. The right attitude to life is one of affirmation, construction and praise. Miracles can be achieved by the attitude of will, work and worship. The prime requisite of all attainment is the true attitude of mind.

The true attitude toward yourself is wisely expressed by Shakespeare, "To thine own self be true," and the true attitude toward others is

divinely indicated by Jesus, who said, "Love thy neighbor as thyself." Our attitude toward all the issues of life should be one of scientific optimism, resolute determination and generous good-will.

ATTENTION

Practical psychology emphasizes the idea that our experience is the result of the things to which we give attention. This reveals vistas of possibilities. With the power of our attention brilliantly focussed upon health and strength, both in abstract conception and concrete illustration, we draw the elements of health and strength into our lives. Our minds are filled with health images, and our bodies express the composite pattern. As we give habitual attention to joyous thoughts, joyous emotions, events and scenes of joy, we become the embodiment of this joyousness. The world in which each individual really lives is the circle of conditions he includes within the area of his attention. The power of attention should be earnestly nurtured so that we shall give the desired ideal the earnest consideration essential to its accomplishment.

ATTAINMENT

Attainment of the highest order is the success won by wisely blending vision, faith and work.

The power of attainment is within us. Whatever one can adequately, consistently and persistently idealize can be realized. As Longfellow says,

> "Lives of great men all remind us
> We can make our lives sublime."

We have abundant examples of an inspiring character to encourage us, from history. Best of all, we have a living principle of success, in the constitution of our being, which we may realize as the foundation of true attainment. Let us ever press forward to finer and nobler attainment. However brilliant the attainment of today, there is Infinite Power and Inspiration to draw from for new achievement.

ATTUNEMENT

By thoughts of love, harmony and good will, our lives may be attuned with the Infinite Har-

mony. We may be assured that at the centre of life there is eternal harmony.

As examples of the inner harmony, constructive music, art, literature, drama and oratory all provide pleasing and helpful suggestions. Our lives are like fine harps responding to delicate attunement, and the perfect unison will be found within, in communion with the Divine. The Silence is a rich aid to this realization of harmony. Each life attuned to wisdom and to truth will breathe a melody to all the world.

BEAUTY

The Source of Beauty is within, and is the birthright of every individual. The manifestation of this beauty is assured when one's thoughts are strong, pure and harmonious, one's emotions wisely selected and expressed, and the objective conditions of life thoughtfully chosen to correspond with the inner light and beauty.

With an understanding and practice of the principles of rejuvenation and perpetuation of life taught in this volume, beauty will increase with the progress of the years. One will possess a beauty which expresses the health and whole-

ness of mind and body in ever increasing degrees of excellence.

BELIEF

Belief indicates an affirmative and constructive attitude toward life, which is an irresistible impetus to success in all things we seek to accomplish.

Belief opens the way to every attainment. In every condition, and in every department of life it is belief which gives to us the key to an assured salvation. Intelligent belief will establish a salvation that will reveal our divine nature, bring our eternal life and youth to light, and enable us to dwell in Heaven on Earth.

BIRTH

Birth is the appearance in the world of life in a new phase of manifestation, and life is manifested by constant birth. Every moment, birth is active in every individual. In the full realization of this thought, we will see and accept the opportunity to be continuously born with the quality of mind and the quality of body we desire.

"Genius is born." With realization of self-

birth and present birth, each person can be a born genius. Seeing that birth as a present and continuous event, he will spiritually and mentally conceive the desired ideal. He will so effectively, and wisely cultivate the ideal that he will embody it in due course in his life. This is being born again, and it gives access to all powers.

The event we usually name birth is an intensified form of the normal, or constant birth, in which the individual, for purposes of complete re-embodiment, is aided by two others in the sacred office of parenthood. It is in this way, in our present state of unfoldment, that the spiritual continuity of life is manifested in the physical continuity of life. In the more advanced state of life now attainable by virtue of new knowledge, the normal, or constant birth of the individual will be perfected by his conscious co-operation, making life consciously continuous in eternal youth.

BIRTHDAYS

All days are birthdays to the ever-advancing man and woman. Celebrate them in ever-increasing power, health, ability and happiness. An

annual or anniversary celebration should be celebrated in the same joyous spirit and expectation. The memory of the number of years since somatic rebirth is for legal use. The multiplication of the figures to any extent should only enhance the power and beauty of life.

BIBLE

The Bible, rightly understood, is a book of life, being a drama of the evolution of the manifestation of everlasting life.

It is essential that its teachings should be given a vital emphasis and interpretation. It tells the symbolic story of the Creation; of the Edenic lovers in their primitive expression of innocent life; of the effect of man's and woman's inquiring and investigating minds; of the marked evolutionary problems then presented; of the prophecies of the God-Man to come; of His message of life both abundant and everlasting for all; of His demonstrations of renewal and healing; of the urge given to this attainment by the apostles, and the Revelation of the coming of the New Heaven and the New Earth; and of the vision

of the Spirit and the Bride, inviting all to drink freely of the water of the fountain of life.

BODY

The body of man is a marvelous temple, continuously rebuilding, and therefore susceptible of being molded to richer states of well-being and nobler proportions. Built upon a system of ever changing cells, molecules, atoms and electrons, and connected with a fairy-like web of nerves to the center of nerve control, it is marvelously amenable to mental control. The so-called involuntary functions are in charge of the subconscious mind.

Because of the plastic, mobile, responsive character of the body, and the controlling and formative nature of the mind, we are ideally adapted for the expression of permanent and perfect health, energy and youth.

The Body is the temple of the Holy Spirit and should be reverenced, blessed, prized and regenerated. The inherent purity and worth of all its functions should be clearly recognized. The body is vitalized and beautiful under the radiant force of true appreciation. Commenda-

tion of the body has a healing action. The entire body is so intimately related in all its members and parts that a wholesome attitude of mind toward it is essential for its highest welfare.

BREATHING

In addition to the splendid results attained by deep, rhythmical breathing, in more perfect oxygenization of the system and development of the body, it presents remarkable psychological and spiritual possibilities.

Psychological breathing may be described as the act of co-ordinating the breath movements with certain words or affirmations. This serves to make a marked impression upon the subconscious mind. It establishes a subconscious association of ideas between the habitual breathing and the concepts of health and life abundant, that are thus blended with the special breathing exercises. First the deep, rhythmical breathing should be practiced until it requires the minimum effort to maintain it at its most perfect standard. This may be acquired by systematic practice.

When inhaling, during the period of the psychological practice, one may affirm, for example,

"I am breathing in life abundant." Then in exhaling, one may affirm, "I am sending life to all the world." At another time, one might say, "I am filled with poise and power," and while exhaling, "I radiate poise to all." For spiritual meditation, one might affirm, "I am filled with the presence of God" and "I realize my oneness with God." It should of course be realized that this oneness is shared by all.

CAUSE

Practical Metaphysics shows us that causes are on the invisible plane, that is, invisible to sense perception. The things we usually call causes are effects or conditions.

A rational philosophy of life presents an orderly conception of cause and effect.

All primary causation is in the interior life. When any attainment or thing is desired that calls for special activity, the first step in such activity should be the realization of Oneness with the Source. The second is its formation in the realm of mind through affirmation, visualization and realization. Realize that your good is already created; it is a present reality. Affirm

that it is manifesting and being drawn into your life. Visualize it by mental imagery as strongly as possible.

This is literally fulfilling the injunction of the scriptures, "Seek ye first the Kingdom of God, and its righteousness, and all these things shall be added unto you."

It will be seen, therefore, that there is a certain order of attainment which is essential to success, and that the first step is the spiritual exercise, the second the affirmation and visualization of the thing or condition desired, and then the doing of whatever is essential in what we know as practical activity, to form the outer conditions of supply.

The first step is concerned with *Being,* and the following stages with *doing.* (See Conditions.)

CELLS

As a building may be constructed of a vast number of stones or bricks as units, so the body is composed of cell units. In the body, however, these cells are not only of a large variety, but highly responsive and intelligent. One of the

most interesting studies in biology is the psychic life of micro-organisms.

In the body, cells are continuously manifesting activity and change. Not only are cells that have served their purpose, or are succeeded by superior cells, constantly passing from the organism, but individual cells are being subjected to a constant molecular and atomic renewal.

The processes of cell division, multiplication and rejuvenescence are all most fascinating studies. Earnest consideration of the nature of these processes reveals a scientific basis for the perpetual maintenance of life.

Voiced psychologically, the cells present the sublime opportunity to the individual, in whose bodily commonwealth they live, of making them happy. Happy cells make a healthy organism. They respond vitally to love and wisdom, made manifest in all our thoughts, words and acts. This is one of the beautiful opportunities we possess of building the ideal body.

We call the cells physical, yet they are primarily mental. They are amenable to our thoughts and feelings, and we can influence their quality and health. Every cell is being con-

stantly revitalized when the principles of life culture are faithfully practiced.

CHARACTER

Character may be wonderfully transformed by the power of affirmation, quickening the desire, and arousing the latent forces of the will. Understanding the responsiveness of the subconscious mind to suggestion, one can readily see how character may be cultivated, for personality is purely plastic to the force of the awakened spirit. Spiritual character is one vitalized and inspired by conscious communion with the Infinite Spirit.

The ideal character should be cherished in mind, earnestly affirmed and visualized, and the superior attitudes and acts can be made habitual.

One should realize that by virtue of his divine birthright, and his continuous birth-power, he can express what he truly desires to be.

CHEERFULNESS

Cheerfulness has an excellent influence upon health, and is a wonderful contribution to the

joy and progress of humanity. The cheerful attitude quickly communicates itself to others. In the activities associated with healing, it is a most valuable asset. The way to be persistently cheerful is to possess a philosophy of scientific optimism, based upon the realization of the underlying Good in everybody. See all life's conditions as suggesting opportunities for service and progress.

CHEMISTRY OF MIND

Practical experience shows us that our thoughts and emotions deeply impress and change the character of our lives. Scientific experiments conducted by Prof. Elmer Gates, while associated with the Smithsonian Institution at Washington, D. C., brought to light remarkable results in demonstrating the chemical action of emotions in our bodies. These experiments clearly demonstrated the effect of emotion upon the secretions of the body. The various emotions produced chemical substances of characteristic color.

We know now that the quality of the milk that the mother gives to her babe in nursing may

through her constructive emotions of love and joy be enriched in its quality. Even our secretions such as the saliva and gastric juice, and the secretions of the various other internal glands, respond vitally and regeneratively to our joy, love and courage.

CHRIST

The Christ is the Eternal Truth, and dwells in the innermost center of us all. The Christ Power will be expressed when the consciousness has sufficiently unfolded to know its own divine attributes.

The Christ is equally latent within all. All are somewhere on the way to Divine Mastery.

Jesus was known as Jesus the Christ because of His standard of spiritual development. His realization of oneness with the Infinite Father, and His healing radiance, entitled Him to this name.

CONCENTRATION

Concentration is the power to center the mind upon the desired subject or object. In new psychology and practical metaphysics it consists of

an exercise in which the mind is focused upon some idea, affirmation or attainment. Concentration is the focus of interested attention.

The first step really consists of an adequate relaxation of mind. With practice, this may be made virtually instantaneous. "Just let go" is trite advice, but it expresses the preliminary stage that is essential for concentration.

Ability to grasp the essentials may be defined as one of the prime requisites of concentration. For the time being, let go of all else. The mark of a strong mind is the use of power along essential and constructive lines.

Direct the mind gently to the chosen subject. The word *let* is significant in this connection. Let your mind go freely to the purpose in hand.

Develop all the interest value of your subject. It is astonishing how much of real interest can be drawn from a given subject by a mind intent in doing this. One should affirm the fertility of mind so as to be interested in every aspect of the subject that is worth while.

The earnest desire to excel is a great aid to concentration on one's work. The work becomes zestful when it is regarded as a method of per-

sonal development in addition to the usual accomplishment.

The realization that the natural power to concentrate is within us will aid in concentration. One's attitude should be, "I can and will concentrate." Concentration is largely a question of habit, and habit is cultivated by persistently doing a certain thing until it becomes second nature.

It is well, in addition to the practice of giving the varied activities of life their rightful attention, to have a special time set apart for definite exercises for the cultivation of Concentration.

By selecting subjects of life-giving and life-inspiring character for these exercises, the power of concentration is wisely exercised and nourished.

In concentration upon affirmations, one can sustain concentration longer, and make the effect stronger, by alternately emphasizing the important words of the statement. For example: *My* concentrative power is increasing. My *concentrative* power is increasing. My concentrative *power* is increasing. My concentrative power *is increasing.*

In an affirmation of the absolute form one might say: *I* am power! I *am* power! I am *power!*

Visualiation or the art of mental imagery is so important a part of concentration that it is given a separate treatment in the alphabetical order of this book.

As the principal object of healing or renewing concentration is to deeply impress the subconscious mind, all affirmations concentrated upon should be most earnestly realized, and made with fervent, heart-felt feeling.

To perfect concentration, one should systematically practice the principles of good health, spiritual, mental and physical. In this way, the whole organism as well as the mind will be clear and free for action. (See Affirmation and Visualization.)

CONDITIONS

Conditions are the means through which our good is accomplished. It has been explained under the description of cause that when we have properly given attention to the realm of causation, we may then concern ourselves with

the conditions. The first great lesson is to learn to *Be*. Then we will *do* our work wisely. Having accomplished our exercises of affirmation and visualization, the mind will be found in a fertile condition to grasp the right idea of procedure. The right people, the right combination of conditions, will in due time all be found apparently seeking us. Opportunities are then presented that give positive evidence of attunement to the Law of Attraction.

CONFIDENCE

Confidence is one of the essentials of success, especially when it is based upon a realization of our inner resources.

The power of a confident mind is often of a magical character. It inspires trust and confidence in others. A serene, confident mind is a most helpful influence for self-help, as well as help to others.

In the light of the new perception of truth set forth in modern psychology we have a logical basis for perfect confidence. With wells of life and energy to draw upon, in the vast subconscious life, and infinite realms of super-conscious-

ness to draw from by inspiration, we can live with superb confidence. Watch among your acquaintances, and you will see the vital, confident, well-balanced man going forward to inevitable advancement.

CONSCIOUSNESS

Our consciousness is the realm of our knowing. Consciousness includes not only what is known as the conscious mind or immediate foreground of consciousness, but a vast region known as subconsciousness which is the storehouse of all our impressions. There are also infinite ranges of consciousness above the normal which we call superconsciousness.

While there is only one mind, we call these planes or departments of consciousness, the conscious mind, the subconscious mind and the superconscious mind. For a more extended description of these planes of mind, the reader is referred to the classification of Mind.

Our entire existence may be said to be bordered by our consciousness. As consciousness rises, our lives are extended in area, complexity and efficiency. The whole history of evolution

is the gradual unfoldment of consciousness, ever manifesting through more complete and perfect form.

We may live far richer lives when we include within the scope of consciousness the perception, desire and will toward that divine purpose. The sublime possibility of extending the border of consciousness infinitely is fully indicated by the statement of the Master, "To *know* God is Life Eternal."

The work of the New Psychology is to create a purely constructive consciousness. The consciousness should be filled with wisdom, love, happiness, youth and success. The happy states of consciousness by an inevitable law will be expressed in the corresponding conditions in our minds, in our bodies, in our environments and in all our affairs.

CONSCIOUS MIND

The immediate field of consciousness, which perceives by means of the physical sense, is known as the conscious or objective mind. It controls the activities of the subconscious mind. The conscious mind initiates a train of conse-

quences which are logically followed out by the subconscious mind. (See Mind.)

CONSTRUCTIVENESS

One of the greatest and most valuable of all arts is the art of constructive thinking. As Emerson says, "Nerve us with incessant affirmatives. . . . Chant the beauties of the Good!" The New and Higher Psychology of Life stands only for the constructive life in thinking, in conversation, in all arts and in all activities.

The entire world can be transformed by constructive thinking and its natural, manifesting action, into a veritable Eden of eternal life and beauty. Men and women under its divine influence become as gods and goddesses. Life is illumined by love and wisdom.

The effect of constructive thinking is immediate, and as the subconscious mind becomes permeated with it, there is a marvelous re-education and rebuilding.

Definite exercises and regular, systematic training should be planned to make life fully constructive. There should be a perfect willing-

ness to live the one hundred per cent constructive life.

It will be a life of joy. Richer possibilities in happy efficient living will daily unfold. Your constructive thinking will spiritualize your entire being. Your constructive conversation will unfold your divine individuality and make you a man or woman of distinction, worth and sterling character. You will always be well, young and happy, and you will also be strong, efficient and practical. Your life will be a blessing to yourself and a benediction to everyone who comes into contact with you.

The possibilities of the constructive life are altogether fairy-like and glorious, and the saying of the best things imaginable about its virtues today always leaves room for something richer as the vision unfolds.

COSMIC CONSCIOUSNESS

Cosmic Consciousness is a state of divine realization in which the unity of the individual with the universal is completely realized. Our perception of the fact, as an abstract truth, may be made vital, glowing and radiant by communion

in the silence, by divine affirmation and meditation, and by corresponding deeds continuously performed in the spirit of love and wisdom.

CONTROL

Self-control, attained in harmony with fullness of wise expression, is one of the most admirable qualities of life. Think splendid, vital, inspiring thoughts and select your moods and emotions at will.

The body is responsive intelligence. The very cells love to heed the happy command of the constructive individual. Each function and faculty of life will respond to the majesty of self-control.

The true expression of self-control is purely positive. It is a constant advancement of desire and will to that which is nobler, grander and finer.

COURAGE

The quality of courage has a powerful vitalizing effect upon the entire man, his mind, his body and his affairs. When one understands the nature of Reality, knows it as omnipresent and

omnipotent good, he will display a remarkable courage, for he will know that in all wise pursuits he is fully protected.

Courage is healing and inspiring; it heartens and vitalizes both mind and body. The highest form of courage is one of principle, wherein the individual maintains the truth even as an individual pioneer. It has been said, "The Truth and one constitute a majority."

CONCEPTION

"Whatever a man can adequately *conceive,* that he can achieve." The idea should be clear, complete, adequate. It is of great value to round out our ideas into perfect form. This makes them dynamic and powerful, giving them power to materialize in the conditions and events of life.

This is a practical way of achievement. See that the idea is made clear as crystal. It should stand out luminous and individual in the consciousness. Then it will be an adequate conception.

In the statement on birth, it was explained that birth is continuous through life. It may

therefore be said: "As a man adequately conceives himself, so is he born."

The power for self-transformation is clearly indicated. Take the idea or ideal that is worth while and cherish and perfect it, and its fulfillment is sure.

CREATION

Creation is the eternal activity of mind. Creation, which is inner reality, is at all times perfect. Consciousness unfolds gradually to perceive it and to give it expression and form. God's creation always was, is now, and ever will be good. At first we see it in part, interpret it in part, and express it in part. As we see creation face to face, through inspired perception, we see only the divinely good shining forth.

Our service is to bring the perfect creation into visibility and form; to reveal the power and beauty of God in the mind, body and environment.

CULTURE

Real culture is a genuine growth of sweetness, harmony and power from within. Realizing the

wonderful powers within you, persistently seek to cultivate them.

Cultivate the body. Exercise it wisely, and nurture it with abundant sunshine, air, water, and pure, natural food. Play as well as work. Alternate happy, hearty exercise with wise, zestful rest.

Cultivate the mind. Be open to new ideas; cultivate initiative, spontaneity and originality. Use more of the Mind's deeper and higher resources. Enlarge the area of thought correspondingly, and nourish the mind with the good thoughts that wisdom suggests.

Cultivate the soul. Seek the Silence not only as a quiet and individual exercise, but as a continuous consciousness of the presence of the Divine in all activity and in all places.

DECISION

Wise decisions may be assured by combining the powers of intuition and reason. A moment of relaxation and Silence even in the busiest day is well worth while. The whole mind will then operate more effectively.

"Sleeping on a problem," has a valid basis be-

cause it enables the subconscious mind to use its wonderful power of perfect deductive reasoning.

The conscious mind should initiate by classifying all the essential data about the particular subject; then the subconscious can work out the entire matter to its logical conclusion. This fact demonstrates that a knowledge of the departments of the mind, and their respective powers, enables one to use a richer share of his interior resources.

DEMAND

Demand, as used in the New Psychology, is the clear, assured, and authoritative asking that is sure to win success. This quality of demand is both firm and reverent. It is poised and harmonious. Health, happiness and success respond to the true demand of the individual, which is vital asking, and also the placing of oneself in practical relationship to receive the good. It is a demand from principle instead of from persons. Conditions and persons may be the channels, yet one looks to principle as the cause.

Supply is abundant in the universe. We can win gloriously by perfecting the quality of our demand.

DEMONSTRATION

Demonstration means the success attending upon our spiritual, mental and physical exercises. We desire to demonstrate our inner treasure and health of being by the manifestation in our minds, bodies and affairs.

Methods of demonstration are given throughout this work. The following concise rules will be of practical assistance. In giving these rules, it should be remembered that each reader will individualize and elaborate them. They are offered as practical suggestions.

Spiritual

Seek to realize Divine Power as ever-present, as well as all-powerful.

Seek to further realize that this Divine Power is the life and substance of your being, and that you are one with all life in the universe.

Practice the Silence by relaxing, opening your mind and aspiring to commune with the Divine Power.

Practice Meditation by daily, calm reflection on spiritual truth.

Realize that all life is in reality spiritual, here and now. Pray, giving thanks, believing ye have already received. Seek to manifest Paradise on Earth.

Mental

Think, speak and act constructively. Live affirmatively, using the power of affirmations to build this habit.

Practice daily concentration, and acquire the power of directing the attention wherever desired.

Devote at least one hour each day to the Art of Life-Building, as well as seeking to build this philosophy into your entire experience.

Before sleep each night, fill the mind with happy, wholesome suggestions. Cultivate the inner powers of Mind and enrich the mind in every possible way.

Learn to select your moods and emotions at will.

Physical

Realize that your body is a sacred Temple. Treat it in so wholesome a way that you reveal its latent power, youth and beauty.

Breathe deeply and rythmically of pure, abundant air.

Make fruit plentiful in your diet. Select nuts as the meat portion of your meals.

Bathe the body in sun and air, as well as water, frequently.

Exercise joyously every day in the open air. Learn to relax and rest perfectly.

DESIRE

Desire is one of the very important stages of will-action, and the quality of this action naturally requires power and purity of desire.

Desire has been called the prophecy of fulfillment. Inherent desires can be realized. Desires are just as much a part of nature as their actualization. Accept your real desires as an indication of coming good.

The important essential is to wisely interpret one's desires. Think most earnestly what it is that you really desire, rather than what you appear to desire. Also think of the various conditions that the very highest in you suggests that you want, in connection with the expression of your real desire.

The true evolution is expressed by an attitude in which we select and express the real desire. Expression is life. Discover the real heart of your desire, and you will find it worthy of frank expression.

Believing with all one's heart in the perfect goodness of inherent and rightly interpreted desire, one will discover that as expression is life, so the expression that is founded on wisdom and love is life everlasting.

DETERMINATION

Fortunes are being won, and life and liberty secured by the invincible power of the determined mind. Having made a wise decision, determination is the requisite state of mind to carry it into effect.

The confident, determined man finds his pathway inevitably to the good. Make the mind certain and positive, and all your habits can be of the constructive and life-giving order. The new habits will be easily formed whenever the quality of Determination is cultivated and directed to this purpose.

DEVELOPMENT

Our physical life is passing through a perpetual process of activity and change. This gives us the opportunity of reorganizing it in a more perfect way.

When we see the possessor of a beautifully developed mind and body we may realize to great advantage that we are One with the Source of the power or beauty we admire. Our admiration then becomes a form of ideal suggestion for ourselves.

As the mind and body are constantly in the making, we can develop the qualities we most admire.

The true system of development is one of balance, and it takes into consideration the well being of the entire life. One very significant and valuable feature of the new method of life building herein offered, is that it discloses that we may all class ourselves as in the formative period of life, and train for higher development.

DIVINITY

All life is inherently divine. The Supreme

Power is the substance of all things. God is the one Life of the universe. Jesus the manifestor of the Christ Spirit was divine, and all men are potentially divine. Our divinity is expressed in correspondence with our realization of this truth and its sound, wholesome, living application to daily life.

DREAM

Our day dreams are purposeful and scientific when we realize that they are ideal patterns for fulfillment, and that the power is within us to do as we dream. This form of day-dreaming is really a work of spiritual construction. It is a visualization of that which will be made manifest in our lives.

Our dreams at night are beautiful and illuminating as we bring a more perfect co-ordination between our subconscious and our educated desires. This can be accomplished by persistently seeking to express all desires in the most perfect way. This is known in psycho-analysis as tranference and sublimation. (See Psycho-Analysis.)

DYNAMIC

Our manifestation of life is dynamic. In all

expression, we are converting the latent and static resources of life into energy and activity. For this reason, originality and vitality of action is a rejuvenating force.

Thought has a dynamic power. It is a potent force to accomplish the desired purpose. We may attain wonderful things by awakening our thought power to inspired and dynamic action.

EARTH

By right thinking, the whole earth can be made to blossom like a rose, worthy as an abiding place for gods. Appreciate the earth, bless it, praise it. It is one of the heavenly planets. Let us all realize the full significance of the prayer, "Thy kingdom come. Thy Will be done on *earth* as it is in heaven."

Let us have our heads among the stars, and our feet squarely on the earth. The very ground beneath our feet is sacred. On the earth we may live lives of power and triumph; on the earth. we may renew our youth, regenerate our bodies and live in God consciousness.

Man to-day is mastering the air; he is enjoying the earth, and also extending his dominion to the heavens.

The earth is for man's service, yet his consciousness may reach everywhere as it unfolds more fully.

ECONOMY

Economy represents wise use. The ideal economy is based upon equity and wisdom. It is based upon the realization of abundance for proportionate and purposeful expression.

For intelligent, discerning giving, the Infinite Source is available. This is true of our finances as it is true of our vital expression.

There is boundless life for wise use and expression. It is true economy to freely give, that we may freely receive. It is true economy to live life abundantly that we may be "in tune with the Infinite," and enjoy its limitless circulation of plenty.

EDUCATION

True education is from within — a constant drawing out or *educing* of an inner sense of knowing. In this connection we may remember Browning's inspiring lines:

> "There is an inmost center in us all,
> Where Truth abides in fullness."

The entire process of educating children is gradually being changed as the realization grows that education is drawing out the essential ability of the child.

The ideal education is vital, training one to live. It vitalizes all with life-giving affirmations and exercises.

The vital significance of education is grasped as we realize that life is a perpetual college. All days are educational days and all years educational years. Each individual may logically realize that he is now and continuously in the process of education.

EFFICIENCY

Efficiency in the light of the New Psychology is of an inspired and constructive quality. It is concerned with the maximum of good in all production and distribution and for all concerned.

It uses all available energies wisely, and looks persistently for new channels of power and service. The highest efficiency is the product of a knowledge and use of the finer powers of mind. Under its influence, one dips deeper into the subconscious treasury of stored up knowledge and

energy, and reaches up for light, life and inspiration to the super-conscious realms.

In the new and inspired efficiency, present and possible habits are compared for their relative value, and the habits making for the highest standard of life are invariably chosen. This efficiency also prompts one to adapt such methods and order and organization as will be most helpful, and at the same time plastic enough to permit of wise reorganization.

Take such words as

INTELLIGENCE	MAGNETISM
SERVICE	GOOD-WILL
ACTIVITY	CO-OPERATION
INITIATIVE	WISDOM
VERSATILITY	INVENTIVENESS
ORIGINALITY	ORGANIZATION

LOVE LIFE TRUTH

Single out these words, and others that are appropriate, and think out earnestly in what way the full application of the principle involved would help your business, your home, your social and family relations, and so forth. Study and con-

templation of this kind will reveal a world of apportunity for original and practical exercise of one's efficiency.

ELIXIR

The elixir of life is a reality. The subconscious mind, which is the indwelling chemist, can compound this elixir. The body is the most wonderful laboratory that we can imagine.

The subconscious chemist forever awaits the initiative of the conscious mind. Let the conscious mind launch the activity and the subconscious mind will carry on the work of rejuvenation. The vitalizing and renewing power of the cells of the body can be highly developed by certain psychological and vital measures. Rejuvenating cells are especially active in the glands of internal secretion.

First, a tremendous incentive to live must be created, so that the will to live becomes one hundred per cent perfect. Affirmation, positive suggestion and wise habits of living will all aid to enhance this will to live.

There is, however, something else that is fundamental, and that is a scientific and optimistic

philosophy of life, which forms the basis of assured and continuous happiness.

One of the paramount considerations is a more complete understanding of creative science, whereby the maximum degree of conservation and transmutation of life energies may be attained, with the maximum degree of pure and positive life expression.

The greatest incentive to continuous life is happiness in love, and the greatest factor in making life consciously continuous is love.

ENERGY

Energy is power in activity. We can richly increase our energy by realizing our oneness with the great, central power-house of the universe. In this way we will greatly intensify our consciousness of power, and express it as energy in thought, word and action.

Many marvel as they witness unusual display of energy in certain people who appear to grow more refreshed as they work, even to an extraordinary extent. Such persons draw from inner sources of power. In running we manifest after a while the phenomenon of second wind.

We have all experienced the fact that a new and sudden interest awakens our latent power, expressing it as quickened energy. The man who understands his true mental and spiritual resources will express energy at will, and his possibilities in this direction will progress with years.

ENTHUSIASM

Enthusiasm is a quickening and enlivening influence. It is the spirit of youth and power. The vital force of enthusiastic thought and emotion gives a wonderful power to carry any enterprise or achievement to a successful issue.

The term literally means to be permeated with God-force. This gives the key to the method of its attainment. Learn to be richly conscious of the divine force everywhere present, with which you are essentially one.

ENVIRONMENT

Through the New Psychology of success our environment or surroundings can be made ideally pleasing and satisfying. The mind is the cause of our environment. Our thoughts and activities relate us to corresponding surroundings, and

the Law of Attraction operates to bring us into ideal environment, or to exercise a transforming effect upon the present environment.

Our environment is, therefore, primarily a mental condition and only in a secondary degree a physical condition. Physical conditions are mind manifestations. When we speak of environment re-acting upon us, it is really the operation of the power of the mind.

As we form a consciousness of beauty and power, of vitality and constructiveness, we shall find ourselves in environments that are as natural to our refined and wholesome tastes as the perfume is natural to the rose.

The initial change to a change of environment is a change of mind.

ETERNITY

We are living in eternity here and now. The more we become conscious of the present reality of eternal life, the greater will be our range of powers. The statement of the Nazarene, "To know God is Life Eternal," is pure science. We should seek to live in the complete consciousness of life, of life abundant and of life forevermore.

This being eternity now, it is now that we can enter into its joys and privileges. In all our anticipations, we can then look forward to a perpetual and happy unfoldment of life's powers.

EUGENICS

Eugenics is the science of producing ideal offspring. The true eugenics is spiritual and inspired as well as efficient.

Marriage of the new order embodies and preserves the spirit and romance of courtship. The eugenic marriage is also purposeful and scientific. The participants of an ideal marriage thoroughly study the preparation for true parenthood. They understand the subject spiritually, mentally and physiologically.

The children of such eugenic parents have a natural, acquired tendency to health, ability, genius, and power to live. They are naturally joyous and buoyant in spirit. They are irresistibly attracted to the good, the true and the beautiful.

EXERCISE

Exercise is the wise use of function and faculty. All powers manifest through intelligent,

systematic exercise. To develop concentration, exercise your present capacity to the full; to develop your muscles, employ them in well-rounded exercise; to develop mental and spiritual powers, put your thought and your higher aspirations and will into exercise.

Daily drills are advisable so that wise modes of life may become habitual. This training should be spiritual, mental and physical.

Have an appointed time for the different departments of culture essential, and also learn to incorporate the highest quality of life in all activities.

For the exercise and development of the body, all wholesome, hearty, joyous activities are recommended in natural outdoor environment.

EXPECTANCY

Expect the good, and think and act consistently with this Expectancy. We are bringing into our lives the conditions we expect. To understand this we must realize that it is our habitual or predominant expectancy that acts as the drawing power.

Expect happiness, love and good fortune to

manifest, and at the same time gain the power that comes from the realization that boundless good is a present and divine reality.

EXPRESSION

Expression is a pressing forth of the divine energies latent in the life. Life evolves and unfolds as we express more of our inherent powers. We are to open up and cultivate channels through which the divine power may be made manifest.

This indwelling divinity may be expressed as Life, radiant, full and free; it may be expressed as Love, pure, wise and constructive; it may be expressed as Joy, light-hearted, shining and splendid; it may be expressed as Wisdom, clear, luminous and God-like; it may be expressed as Youth, buoyant, resilient and unfolding; it may be expressed as Beauty, glorious, exquisite and divine; it may be expressed as Abundance, opulent, lavish and generous.

FAITH

Faith is the quality of mind that grasps the interior good which it finds through spiritual per-

ception. It accomplishes this in advance of scientific proof, or physical evidence.

The substantial nature of faith is expressed in the statement of St. Paul, "Faith is the substance of things hoped for." Faith is an inner conviction of positive evidence.

Faith releases abundantly the inner energies, and is a sublime healing power. A life filled with faith heals self and heals others. This mighty power also attracts plentiful supply. The healing power of faith extends to all departments of life.

Faith is so divinely natural, that when one exercises to full extent the degree of faith he finds immediately available, it unfolds surely to the complete degree that is required.

FLESH

Think of the spirit-enshrined flesh, with every atom and cell alive with the beauty and vitality of Infinite Life and Intelligence.

Flesh that is nourished by nature's fruits, sun-kissed and refreshed by the great outdoors, blessed by divine understanding and loved and

treasured, is as Browning described it—"the rose-mesh of the soul."

We should indeed be happy that Spirit has woven about itself garments of such beautiful power and promise, and as the atoms change, weave them into more perfect form.

In this light, we view eternal life manifest in the flesh as fully desirable and assuredly possible.

FORGIVENESS

Live in the present, remembering the beauty of the past, with predominant attention on the joys and privileges of the present. Think of the good in all, the beauty in all, the divine in all. Only the Good has Reality, for reality fully embraces the conception of permanence. Live true to the great essentials of life. As perception unfolds, we see more and more of good in ourselves and in others, in which to rejoice.

FRIENDSHIP

The sincerest evidence of friendship is a loving interest that helps the friend to live more abundantly. To attract friends, be a friend. Live in the realization of the friendliness of life, of

nature and of God. As Emerson expresses it, "He knows that his welfare is dear to the heart of Being."

FREEDOM

Freedom of the highest type is the happy result of attuning one's life in harmony with the divine principle. "Ye shall know the truth, and the truth shall make ye free." The pure and perfect freedom can be attained which constitutes "the liberty of the sons of God."

In true freedom we are always well, always young, and always happy. We also delight in the fact that others are entitled to their freedom.

The freedom of the truth is fully consistent with the highest standard of conduct. In freedom, our goodness is of a positive and constructive order.

Vital freedom is freedom to live and to radiate life more abundantly as the seasons come and go; it is freedom to live in the conscious possession of eternal life here and now.

FULFILLMENT

Fulfillment is the Sabbath Day of realization. Realize that the time is at hand for the realiza-

tion of the most beautiful conditions that have ever been prophesied. Let us realize this in the glad here and now.

Life's joys are indeed realizable, and fulfillment means to fill the cup of life and joy full. The full awakening and use of our spiritual energies make fulfillment possible. The richest desire and dream can and will be fulfilled as we learn to use the mighty power of constructive affirmation and manifest it in inspired activity.

GENIUS

Genius, the ability to do something with originality, distinctiveness and sterling worth, is a latent or active power in every individual. This is another of the beautiful, significant facts brought to light in the New Psychology of life.

The simple recognition of this fact brings a world of power into activity. As the consciousness of the truth of inherent genius reaches the white heat of realization, an inspiring sense of ability and power follows. One has courage and confidence to undertake the really great things, and superb patience to give to the simple but insistent requisites of success.

Recall to mind that one can achieve all that he *adequately* conceives, and also that life is continuous birth, and it is possible for you to be a *born* Genius.

It should also be clearly understood that one is to freely permit the dynamic force of affirmation to inspire all essential activity.

There is also an inner study of the culture of genius. This is one acquirement of the art of turning water into wine. In other words, it is the art of transmutation, whereby the power such as is involved in creative association is individually or mutually directed toward the cultivation of specifically suggested genius.

The canvas that throbs with life, the poems that lift and inspire, the oratory that awakens and thrills, are the product of conscious or subconscious alchemy.

GOD

God may be described by all the constructive words in the vocabulary of all nations and peoples, and then when our consciousness is more fully unfolded we shall find more and more appropriate words. The ancient Ayran teachers

thought out one thousand names for God, the last of which was—"The True." God is the Infinite Spirit of Love, Life and Wisdom. God is the Supreme Source, the Supreme Cause. God is Omnipotent, Omnipresent and Omniscient. God is all that heart can desire, personal and impersonal, and then always infinitely more.

As you conceive God to be, so God manifests for you. God can manifest as your prosperity; God can manifest as your joy; God can manifest as your wisdom. Enter into the joy of God-Wisdom. Enter into the joy of God-consciousness here and now. *There is only God.*

GOOD

The good is everywhere and is eternal. We conceive it in order to express it. Let your mind dwell wholly upon the good, and it comes forth to view. The Master Art is thinking the good, speaking the good, breathing the good, painting the good, writing the good, singing the good and in every way living the good.

God eternally pronounces creation good. Perceive this good, and as you realize it, the manifestation of it will follow. Good health, good

fortune and good-will can be assured through this perception and realization.

GOSPEL

The gospel is the good tidings of man's divine inheritance; the message of spiritual perfection, of perfect health, true prosperity and everlasting love and youth.

Each man should learn that he is a young God. Each woman should realize that she is a young Goddess.

The gospel is a revelation of complete salvation that brings freedom, purity, peace and power. It perfects our perception so that we live in paradise on earth.

GROWTH

We grow in proportion as we conceive higher ideals, think nobler and stronger thoughts, speak more constructive words, and live and exercise more constructively.

Our innermost life is now perfect, and growth is a progressive revelation of the inner power. Growth represents the normal use of our forces of expression. We live in proportion as we grow.

With constantly evolving ideals, and the faith to realize them we are ever-progressive and therefore ever-young. The body will advance in power, utility and beauty when we keep the ideal pattern in mind, and work with faith toward its physical reproduction.

Growing life is young, active, dynamic and vital. It acts in harmony with the Principle of Attraction, rising to new heights of energy and power of expression.

Here is an essential of supreme value,—the constant initiation of new cycles of life. It is in this way that we attain continuous life expression.

There is always room for growth in mind and body. There is the joy of cultivating more perfect concentration, the joy of exercising the power of memory, the joy of enriching the mind's power of intuition and reason, and the joy of growth in poise and power. In physical expression, we have the daily delight of a new sense of power and freedom, a radiant and glowing health, an ever-unfolding ability to make superior use of life's marvelous powers and privileges.

HABIT

Habit is the subconscious ease of thinking and doing as the result of persistent repetition or depth of impression. Constructiveness of habit represents the ideal of the New Psychology. Concerning habit, we have every reason for optimism. The new habits suggested by wisdom can surely be acquired. The subconscious mind, which is indeed the habit mind, is most responsive to our affirmative will.

Man's whole expression is a network, a veritable fairy-web, of habits. These may all be organized in such a way and be of such a quality that they act as a perpetual contribution to life, health, happiness and success.

Acquire the health habit. Demonstrate the habit of being young, and young always. Express the beauty habit. Cultivate the prosperity habit.

Constructive thinking is a habit. With sufficient realization of its importance, and persistent practice, it becomes easy to think in a helpful, healing, and affirmative way.

We may so shape the whole course of our

habits that we build and build better as the days go by. We may also have the joy, and it is a very great one, of adapting our habits to be of service to mankind.

HAPPINESS

True happiness flows to man from an inner fountain, and the conditions we usually term the sources of happiness are simply the channels or mediums through which this interior reality flows.

When this basic fact is realized, there will be continuous happiness, for the interior fountain is from everlasting to everlasting.

Should you ask me "Why are you happy?" I will reply, "I am happy because God is Happiness." This supreme fact is constant, for it is Reality.

I may say I am happy because the sun shines, because the earth is beautiful, because of the love of wife and children, because of divine friendship, because of the wonder of the universe, because of books, music, poetry and beauty. In reality, however, these are the conditions and occasions, and the cause of my happiness ever transcends them.

The recipe for assured happiness is knowledge of the Infinite Happiness, and realization of our oneness with this power.

How shall one become conscious of this oneness? Affirm and re-affirm it. Act it out as a beautiful play, and the divine assumption will prove to have a solid and enduring foundation. Life being a stage, play the happy part. Smile and keep on smiling! Smiles are glimpses of Reality, sunbeams from the Infinite.

Be like a child, happy, spontaneous, free, resilient, responsive! This will give the happiness of eternal youth, which, like happiness itself, flows from the Fountain whose water sparkles and shines and rejuvenates forever.

HEALING

Health is the divinely natural condition of every man, woman and child, and the process of healing consists principally in realizing this fact and claiming our birthright of health.

We bring our minds to the realization of the relationship we bear to the One Power, which is God, the Spirit of Infinite Good. The Spring of Health is within the individual. Health is an

inherent principle of life, for expression within the individual. Health radiates as we heighten our realization of the inner reality of health.

The real and fundamental tendency of the organism is toward health and well-being. When we concentrate our attention upon the reality of the inner principle of health, and think thoughts of faith, courage, confidence, optimism and love, we immediately re-inforce the natural constructive, and upbuilding forces of the system.

We can heal ourselves and also greatly help others to manifest their good health by the power of truth, brought into exercise by the power of the spoken word or through the use of silent thought.

Health is manifested through the consciousness of the abiding reality of the indwelling health; and affirmation, concentration and suggestion serve to intensify this realization.

Health imagery is employed with success to impress graphic ideals of health upon the mind. The important thing is to direct the attention to the desired ideal of truth and health. We bring forth good health by permeating the mind with the health ideal and visualization. Thinking of

health and talking of health or of wholesome ideals has a remarkably healing influence. The work of the healer is to induce faith in perfect and speedy recovery. This is based on the fundamental fact that each one "lives, moves and has his being" in an infinite ocean of life and health.

These ideals are conveyed to the mind in various ways adapted to meet the individual requirement. Sometimes this is accomplished by spoken words of a reassuring nature declaring freedom through the power of Almighty Truth. In many cases, the healing is accomplished through silent thought.

Because of the omnipresent nature of mind, healing is frequently accomplished by telepathic communion. Such healing is also *present* healing, for we are all one and all *here* in the realm of spirit; and this is the realm of eternal health. To distinguish between healing in the objective presence and the healing beyond the objective presence, we may term the latter omnipresent, or super-present healing.

The successful practitioner thinks health, talks health and expresses health, and all affirmations are realized with deep feeling and sincerity.

Some people are more responsive to treatments through a religious expression, and others to treatments expressed in scientific form. It should be kept in mind that true religion and true science are one.

True healing is profoundly educational, and draws out or educes the latent health which the healer invariably perceives to be divine reality. Such healing elevates the character, inspires the mind and regenerates the body. When one is educated to know the reality and resources of the inner self, his mind is filled with the courage and confidence that perceives good health as real, and fully anticipates speedy manifestation. In many demonstrations of healing, there is a steady process of building up the life forces as the new ideals of truth and life are grasped and assimilated, and all life habits are attuned to the constructive ideal. Healing is accomplished most quickly and effectively when deep and fervent emotions of wholesome quality have sensitized and quickened the subconscious mind to respond to the healing words. Light fruit diet, or complete rest from food for the time being, are frequently valuable aids to health demonstration.

Claim health as the unfailing birthright. There is a health principle within us which is perfect. Realizing this fully, the body quickly responds to our vitalizing thought and causes the inner health to shine forth radiantly. (See Demonstration, Life and Suggestion.)

HEALTH

Health is a splendid expression of wholeness, youthfulness, purity and power. All may freely enjoy it through the consciousness and expression of life, which the new life philosophy reveals. As essential to this achievement, all thoughts, words and actions are made constructive, vital and harmonious. Live naturally, vitally and spiritually. The state of perfect and permanent health inevitably results from attunement and alignment with the Principle of Life.

In the perfect health attainment to be practiced, there is joyous, spontaneous exercise; happy play and zestful work; wholesome, vital, fragrant natural food; deep and attuned breathing of pure, bountiful air night and day; abundant air, sun and water in which to bask and bathe; child-like relaxation of sound sleep;

thoughts, words and deeds of love; and hearts aglow with the glory of God Consciousness.

HARMONY

Harmony is the rhythmic response of outer life to an inner sense of serenity and relationship. Harmony tranquilizes, rejuvenates and beautifies. A thought, word or deed of harmony will frequently transform an entire situation. Note the effect anywhere of the entrance of a person of poise and harmony. The effect is often magical.

Each individual, truly related, is a note in the cosmic harmony. To be harmonious is, therefore, to enter into universal relationship and power.

There is a harmonious solution to every problem, and every problem affords a divine opportunity. Attune yourself to the heart of Being, and you will find *the* way.

HEAVEN

Heaven is the realm of the pure ideal, the en-heavened or lifted up consciousness. It is within every man and every woman and will

surely be brought to light and expression as this consciousness unfolds. "The Kingdom of God is within you," says the Nazarene, therefore the one thing to do is to *live to express it.* "The Kingdom of Heaven is like unto leaven which a woman hid in a loaf," says the Teacher. Therefore heaven is a permeating power, which working from within will transform all outer relationships.

"Thy Kingdom come; Thy will be done on Earth as it is in Heaven."

Heaven is now within us. To live in heaven let us continue to live on earth, where the entire Christian world is daily asking that Heaven may come.

Heaven is love, joy, eternal youth and glad, happy service right now and right here on earth.

HOLINESS

Holiness signifies a state of spiritual wholeness invariably manifesting as health, peace, happiness and right relationship with all.

HOPE

Hope springs from early recognition and expectancy of coming good. It soon grows to the

more dynamic state of positive faith and confident anticipation.

HUMANITY

Humanity is divine, and its divine attributes will shine forth in the degree that this is realized. Each individual realizing his oneness with the Divine, and with all humanity is aiding to bring freedom, health, prosperity and happiness to everyone.

With the sense of unity between all people firmly established in our minds, we enjoy the enlargement of our consciousness and live the larger life. At the same time we act in such a manner that the good of all is served.

We will surely love humanity more as we realize the oneness of all. Through more perfect perception, we will look deep enough into the lives of all to see the beauty that is there.

ILLUMINATION

Spiritual illumination is the state in which the mind is enlightened by joyous perception of the divinely beautiful realities of life. It is the true sunlight of consciousness streaming from the in-

nermost Spirit of us. Earnest aspiration, devoted love, happy meditation, the practice of the Silence, and the joy of practical service in the consciousness of the One Self are the means through which it may be realized.

Illumination is for radiation. One lets it shine forth outwardly. The light we possess is the light we give out. With aspiration for more light, generously use the light found accessible now, and all the light that can be used will stream forth in splendor to illumine your life and the life around you.

INFINITE

The Infinite is the ever-powerful, ever-present and ever-abounding realm of Spirit. In the new philosophy, God is often spoken of as the Spirit of Infinite Good. For the word Good, one may, according to the aspiration of the moment, use such words as Love, Life, Intelligence, Energy, Wisdom, Joy and other words which signify the Principle of all that we desire to attain.

Supreme optimism comes to the one who realizes that the Infinite treasures are open to him. Abundant life is available in every form of good

desired. He looks to the Infinite Source, and the channels open up with divine naturalness through which his good flows to him.

I AM

The words *"I AM"* are sacred as the divine name, expressed completely as *"I AM THAT I Am."* This is the name of God.

Many people realize a more dynamic and positive power in affirmations based upon the absolute, or "I Am," than in statements expressed in the relative sense of becoming. For example, *"I Am Life," "I Am Wisdom," "I Am Joy."*

To understand this fully, realize that the affirmation is one of perfect truth concerning the real self, and that the ideal or model is lifted up to view for the purpose of actualizing it.

We must clearly understand that *reality* is synonymous with eternal perfection, and what we know as the actual represents the embodiment of the ideals represented in unfolding consciousness.

I

The term "I" is usually employed to designate the *actual person* speaking. In the practice of

absolute affirmation one uses the "I" in speaking as the real individual "in the image and likeness of God." As we continue to speak from this plane of consciousness, the qualities of the real "I" or individual are made more and more manifest in the personality.

IDEAL

The ideal is the pattern in the consciousness of what we are to be, to do and to attract. As our ideals correspond more with the real and perfect, the actual conditions of life will be correspondingly transformed. We progress by advancing our ideals, and pressing forward with calm determination to realize them.

As the artist centers his mind on the model whose face or form he is to depict, so the attainment of the ideal consists of our concentrated attention upon it.

Cherish the ideals of health, of happiness, of youth, of success. Be absolutely confident of their fulfillment. By causing our ideals to increase in power and beauty, our incentive and ability to live will grow accordingly. The world

is primarily transformed through a change in the ideals of the people.

Ideal people and ideal environments are also attracted as we hold these ideals in mind.

IMAGINATION

Imagination is the master power of visualization or picturing out of ideal desires, and living in the consciousness, for the time being, of their reality. Through this power one unfolds and grows to an infinite degree. The right use of Imagination makes men gods and earth Heaven. All joys and all abilities follow the appropriate exercise of the power of imagination, and the activities which the constructive imagination brings to fulfillment.

Through this power, one can rebuild his body and express health to the most inspiring degree. Radiant beauty can be realized, and also eternal youth of an ever-ascending quality. One can be original and creative, and express these qualities in superb discoveries and inventions.

Character can be molded; destiny can be made; success and fortune may be assured through the genius of imagination.

Imagination is a most substantial force with power to make and remake the things about us. In due time, the cities of our nation will be absolutely transformed by the power of constructive and applied imagination. Every man, woman and child will be rich, healthful and happy.

Our principal home will be in the air, in flights of joy and safety. Our homes upon the earth will be of an entirely different character from what they are today. They will be adapted to the new world which divine imagination is creating in the hearts and minds of men. Country and city will be married, so that all homes and gardens will be spacious. In the new world every eye will sparkle with life and joy; every heart will be happy and full of praise; every body will be a fitting temple of the indwelling spirit.

INFLUENCE

Strong individuality, purity and wholesomeness, cleanliness of purpose and strength of love nature are natural factors which will give us a most helpful and constructive influence with others. We see men and women whose influence with others is of a magical nature. They

quickly create interest, attention and co-operation. This is a most valuable quality and may be used for the welfare of all.

INSIGHT

Insight is the ability to see the inner import and value of things. Just as we can see the outer things through the agency of our physical vision, so there is an inner vision through which we may discern the inner conditions. The one who learns to enter the Silence, and listens to the voice of inner Intelligence, has opened up a new world of power and beauty. The phenomenal world is beautiful, as a progressive revelation of the inner glory.

It is essential, however, to be able to look within, and take zestful joy in the contemplation of divine principles.

Mental and spiritual insight may be cultivated through aspiration and through wise use of the powers now possessed in this direction. Mental insight enables one to see the inner side of people, events and conditions; spiritual insight gives the power to discern the pure principles of Being.

INSPIRATION

Inspiration may be a welling up of stored impressions from the subconscious treasury, sometimes singularly blended and co-ordinated through the natural processes of subconscious, deductive reasoning. Inspiration may also be an influx of divine ideas from the Superconscious or Subliminal Mind, of an original, creative quality. In the world's history we learn of seers, poets, artists and musicians who were inspired, and their lives should simply remind us that inspiration may likewise come to us in a sublime degree.

All may attain inspiration who truly aspire to this power. All have free and full access to the Supreme Wisdom. Aspiration opens the way, and faith releases the power of divine influence. Thinking true to principle, and entertaining only constructive ideals and imagination, we are living and practicing the Inspired Life.

One important essential is directing one's mind into true states of receptivity. The ideal mind is receptive or expressive at will. When we open our minds to lofty thoughts and feelings,

we are attuned to the Intelligence which is the Supreme Source of Inspiration. The primary requisite of inspiration is to first attune ourselves in conscious at-one-ment with the Source, and the conditions most appropriate for the fulfillment and expression of inspiration will follow in an inspired way.

INTUITION

Intuition is the inner perception which prompts us to do the wise thing at the wise time to give to life the highest degree of happiness, development, service, health, power and protection.

The subconscious department of mind and the subconscious realm both play their part in our intuitions. The subconscious intuitions, welling up from the stored up experience of the individual, may be called impressions. They are psychic in nature, and most frequently concern people, events, things, conditions, travel, enterprises, etc.

The intuitions which reach us from the superconscious concern principles of action rather than specific modes of action. These intuitions prompt

us to stronger, finer, and nobler lives. They point to thoughts, words and deeds of love and wisdom.

Intuition of this order assists unfoldment to heights of spiritual understanding. We can better well appreciate this as we perceive that all true education is from within.

Subconscious intuitions or impressions are frequently of a highly protective order. The subconscious mind is the constant protector of the life, both in its supervision of the chemistry of our bodies, and through its powers of clear seeing and telepathy. The subconscious mind has powers of vision which enable it to perceive the inner trend of events, and with its perfect deductive reasoning, it is able to carry this trend to its logical conclusion. This is practically equivalent to reading the future. True reading of the future is a fine perception of the present, supplemented by the subconscious power to follow the resulting conditions, through accurate deduction.

This power can be organized with extraordinary rapidity to meet conditions of supreme importance. In these facts, you will see that there

is a perfect psychology of safety and protection. Your life can be secure at all times.

The necessary impressions may come in moments of reverie, when one is on the threshold of consciousness, in the twilight regions of semi-wakefulness, or they may come in dreams or visions. If the occasion is imperative enough, the immediate conscious control of daily life may be laid aside in favor of the protective impression, and the necessary action.

These subconscious impressions may protect us in all social and business affairs, and may also give ideal protection to the body.

The protection may be of a subconscious character or one may have a dream, vision or other psychic impression of a conscious character which will render perfect protection.

An inner sense of intuition may subconsciously guide us in right paths. We take the right step at the right time when reason is illuminated with the inner intelligence.

In other words, the perfect action of intuition can give us full protection in a silent, subtle way, while our minds are concerned with constructive ideals, plans and activities.

Our intuitions should be honored, and our intellect and reason should also receive due honor. We can cultivate a state in which these are perfectly co-ordinated. Intuition and reason can go hand in hand, ever leading the way to greater love, life and liberty.

JOY

It has been scientifically demonstrated that abiding joy is a life-engendering power. Joy vitalizes the blood, harmonizes and heightens the activities of all the functions, and increases the life instinct and the capacity to live. It is, therefore, a valuable factor in the perpetuation of life, and in maintaining the essential conditions of Eternal Youth and Beauty.

The power is within us to be radiantly joyous. Affirm its divine naturalness, and its influence will soon pervade you. Center your mind upon the idea of joy and realize that your life is an expression of the Infinite Joy. Say with Peter Pan, "I am Joy! Joy! Joy!"

In the divine realities of life, in the wonder and beauty of the universe, in the knowledge of our interior powers and resources, in glorious ex-

pression of love and of service, we have a sure foundation for abundant joy. (See Growth.)

JUSTICE

One of the majestic facts of the universe is that justice reigns supreme, and we reap what we sow. All is orderly cause and effect. The concept of re-embodiment enables one to more readily appreciate the operation of the principle of justice.

Where there is consciousness of perfect justice, the wants of all are abundantly supplied. Beautiful though charity is, it is transcended by justice. Love and justice are divine realities, and are expressed consciously in proportion as our minds unfold to realize them.

Think of justice constructively, which is the true view, as a warm and radiant principle of loving and judicious giving, of wise and happy decision for the Good of all.

KINDNESS

The quality of kindness in every thought, word and deed fills the world with love, happiness and beauty. Let us realize the sacred kin-

ship of all life, and kindness will become a constant habit. Ask, "What is the loving thing to do?" Fill the days with activities of a kind and helpful character. Every moment presents the opportunity.

KINGS

Each soul will ultimately grow to know its own majesty through relationship to the Infinite Glory and Power. In true majesty, we realize the royal nature of others as well as ourselves. In the ideal democracy every man is a king and every woman is a queen.

LAW

The law represents the orderly principles under which life manifests. The law of life is always the same. We may, however, change and evolve our thought, word and deed, and make our relationship with the law wholly constructive.

We can forever build more beautiful lives, conditions and surroundings by changing our attitude toward the law. We can live abundantly; we can be well, youthful, beautiful and prosper-

ous. The law of life is always good. Harmony and adjustment with the law is the important essential.

Fire, for example, is good. We may control and direct its activities, so that it serves us in thousands of ways. The important essential is its wise use and direction.

LET

The simple word *let* has an important significance. Creation is a divine letting, symbolizing the ease, harmony and order of true manifestation. And God said, "Let there be light, and there was light." Concentration is harmoniously directed and poised activity. Health, youth and beauty are natural and their source is within you. Therefore, let there be health! Let there be youth! Let there be beauty! Let your real powers come into activity!

LOVELINESS

Loveliness, is love-likeness, and the way to express loveliness is to consecrate oneself to a life of love.

LIKENESS

As the latent power of the oak tree is in the acorn, the divine image and likeness is in each individual. The exposed and unexposed photograph films or plates look exactly similar previous to development. The exposed film, however, has the latent image, as the process of chemical development later proves, revealing the image clearly.

Realization develops the latent image of the divine in man. The process of developing the divine life constitutes the drama of perpetually unfolding consciousness. A spiritual view of man discloses his potential divinity.

The external world is life's kaleidoscopic stage. Wisdom prompts us to look within for the causation and the eternal realities.

Because the divine likeness is implanted in the depth of life, it will forever unfold, and more and more the outer man will manifest as he is inwardly planned and designed by the Master Architect. He will express himself as he truly is, a being of wisdom, joy and everlasing life.

LIBERTY

True Liberty is the freedom found in harmony with the law. Liberty is so fundamental to life that it is most appropriately linked with life itself in the constitution. Liberty is ever dear to the heart, and we are to manifest "the liberty of the sons and daughters of God."

Perfect freedom is found in loving, spontaneous conformity with the law. Truth gives the one perfect key to freedom. "Ye shall know the truth and the truth shall make ye free!"

We gain a glorious realization of liberty when we come into the knowledge that we are free to unfold and perfect our lives forever; that we can go forward in joy and assurance of richer, happier life.

Liberty is found in the knowledge that all our habits are subject to re-education, and that our real desire is for all habits which build and beautify our lives, and the lives of others.

LIFE

In absolute truth, Life is synonymous with Love and God. In the relative aspect, it is God's manifestation through the activities of nature.

The evolution of life has now reached a stage in which it is scientifically possible to live forever. Life will manifest only ever-increasing power when man consciously co-operates with life in the process of change and growth by continuing to initiate new cycles of development, lives in harmony with his spiritual, mental and physical being, and lives regeneratively.

It is a glorious thing to be conscious of abounding life and to know that one is in soul, mind and body alive forevermore. Life, in this realization, becomes joyous, vibrant, radiant, inspired and free.

To attain this realization, the mind should be filled with happy thoughts of life, and ever-increasing health, youth, beauty, success and efficiency. One lives to love, and loves to live. All thoughts, all words and all acts are made constructive. The perfect language is spoken exclusively, and the perfect language only is written.

Pure, wholesome food only is eaten, with the realization of perpetual life in view. The diet will be mainly fruitarian. Nuts will constitute the meat portion of the meal, and will be made

easily digestible by the perfect degree to which they are masticated.

Foods in their natural state will be most highly appreciated and freely used, and the foods found most desirable and palatable in this natural state will be realized as constituting the most appropriate food for eternal youth.

All such meals are to be delightfully and attractively served, as efficiency in this particular is essential to the keeping up of the good practice of fruitarianism.

As one grows in the joy of life-consciousness, his breathing becomes naturally deep, regular and rhythmical, so that a minimum of attention to this culture secures the highest results.

Happiness in work and play is most helpful. In work, the constant desire and will to excel gives zest and power. Every day should be beautified by practical evidence of the play spirit. Spontaneity and joy in exercise is a most important consideration. Outdoor dancing is ideal for this attainment.

Homes should be organized with life-building in view. Sun-bathing facilities in rooms or gardens, outdoor bathing pools and fountains and

outdoor sleeping conveniences should be special features.

The doing of the very best under present conditions of living is the main thing, and keeping the higher ideal constantly in view. Happy marriage between true lovers, living in the understanding and practice of regenerative principles, is an important consideration in the attainment of perpetually rejuvenated life. The constant attitude of the regenerative lover may be expressed in such words as the following: "Because of my sincere and devoted love for you, my every thought, word and act directed to you is dedicated to your perpetual Life, Health and Youth."

Life develops new and exquisite possibilities under the regime of eternal youth practice. Living becomes a constant delight; one awakens to greet each morning with happy, child-like expectancy.

The various exercises promoting the expression of Eternal Youth are gradually built into time as well as greater energy to meet all essential tasks and pleasures.

Love of life and the will to live should be cultivated to the highest degree. "Live and let live" should always characterize these achievements.

LOVE

Love is God. We literally "live, move and have our being" in Love. Love creates all life, and sustains all life. Love is the fundamental reality of life.

Through understanding, the force of love can be used in a purely constructive way. Our growing, universal love will enlarge and enrich our power and practice of personal love. We will love all, and concentrate our love where the highest intuition and wisdom, and the good of all directs. Universal love will therefore increase personal faithfulness and love, by giving a higher quality and power of expression to all devotions.

Even as the power of love directed to generative expression, produces offspring and perpetuates the race, so the power of love, directed to regenerative expression, produces mutual rejuvenation of youth and energy.

Love is far more than a beautiful sentiment;

it is the most practical and important force in the world. All other forces are expressions of this one fundamental, all embracing power. When love is united with wisdom, it will make the earth a paradise.

Love is the elixir of life, and gives supreme healing and rejuvenating power. The ideal thought of regeneration is mutual love, so that the loving will to regenerate is directed toward the other.

MAGNET

You cause yourself to be in relationship with whatever good you desire by centering your thought of unity and faith upon it, and then like an irresistible magnet you draw this good thing or condition into your life. In this advanced level of consciousness, your desire is always to draw your own good to you, and you are always glad to help others to attain or retain their good.

MAGNETISM

We all admire the truly magnetic man or woman, the genuinely attractive individual. This magnetism may be identified as having a

permanent quality, and is equally satisfying and lasting to all concerned. The greatest secret of magnetism is real, loving interest in everybody and everything. Love is the supreme source of magnetism. A life fully illumined with love, will draw all men, all power, and all conditions desired.

MAN

Man is a being, one with God in his innermost reality, gradually perceiving and unfolding this divinity as his consciousness is extended. Man is now at the dawn of God-Consciousness.

Man is also reaching the place in his evolution where he consciously and individually evolves. This is Conscious or Volitional Evolution. It enables man to express new and wonderful powers, and to perpetuate his life in ever-increasing power, attractiveness and usefulness. Man rises to perfect confidence, courage and optimism as he discovers his true relationship to life and its source. As he realizes his inherent powers, he gains at-one-ment.

Man and woman in wise and happy unity and in mutual realization of unity with the Supreme

Source of Life, Love and Wisdom become as god and goddess, the true Super-man and Super-woman.

MASTERY

Mastery is the wise, free and full use of every faculty and function. All the beautiful promises of the Bible apply to those that overcome. "Greater is he who ruleth himself than he who taketh a city." The power is inherently within us to attain true mastery. The New Psychology shows us the way to true self-mastery by concentration on the noble emotions, the wise, strong, loving thoughts, the health, youth, love, wealth and power to be expressed. Mastery through wise expression is the keynote of the New Psychology. By daily affirmation, systematic activities of a helpful, constructive order, we gradually learn to control our emotions, select our moods, rebuild the body in health and strength, and even to control our environment and to overcome the tendencies of heredity. The true thought of mastery is admirably expressed in the terse, wise exclamation, "I can and I will."

AFFIRMATIONS FOR MASTERY

I earnestly aspire to express the nobility of self-control.

I am determined to be the master of my moods.

I am resolved to be constructive in my thoughts.

I am conscious of an ever-growing poise.

I am calm, serene and confident.

I am daily growing in courage and power.

My power of will is steadily increasing.

I am the master of my habits.

I gladly initiate new habits.

I am open to new thoughts and new impressions.

I glory in the daily exercise of my constructive will.

I am determined to be original, vital and versatile.

I will persistently look on the joyous side of life.

I invite and express strong, loving, helpful emotions.

The Divine Spirit inspires in me a serene faith.

I face the future with a courageous mind.

The power is within me to be truly efficient.

I think, clear, strong, creative thoughts.

I will persistently guide my emotions into life-giving channels.

I take joy in simple, natural, health giving exercise for mind and body.

I radiate sunshine to everyone I meet.

My memory is growing stronger day by day and year by year.

I delight in exercise and nourishment for my memory, by daily learning vital facts.

My interest in life is growing stronger and stronger as the years go by.

My will to live is invincible.

I am gaining clearer perception, and stronger, keener reasoning power.

I transmute my creative energies to regenerate life.

I radiate harmony, love and confidence to all.

I realize that every function of life is sacred and worthy of honor.

I breathe deeply, and harmoniously of pure abundant air.

I will make all my words express the one hundred percent constructive life.

MIND

Mind is universal intelligence, and is also universal substance. It includes everything and is everywhere. The Universal Mind is God. The individual mind is a gradually intensifying center of consciousness, manifesting in embodiment proportionate to its development. In early development, the individual feels itself a separate creature. As consciousness evolves, it finds common interests, and operates more and more cooperatively. In highest evolution, the individual mind realizes at-one-ment with Universal Mind.

What we know as matter is mind in various forms of crystallization. The more active, awakened, and complex forms represent more intensified consciousness.

In a study of the mind, we divide it for convenience of thought analysis into three great departments, which we term:

The Subconscious or Subjective Mind.
The Conscious or Objective Mind.
The Superconscious or Subliminal Mind.

The Subconscious Mind represents all those phases of mind below the surface of conscious-

ness. It is the storehouse of all impressions and memories, from those in the comparative fringe, foreground or twilight to those in the deepest archives. It builds and rebuilds the body, and is responsive to the suggestions of the Conscious Mind. The Conscious Mind represents the immediate range of consciousness, coming in touch with the outside world through the medium of the five senses. In all objective affairs, it is the mind of initiative and inductive reason. It is therefore, the suggester and thinker.

The Superconscious Mind, as applied to Individual Mind, represents all those phases of mind power above the normal range of consciousness. As applied in the Universal sense, the Superconscious Mind is God, everywhere present, all powerful, and all knowing.

The Subconscious Mind is the seat of habit. It has charge of the functions to which we usually refer as involuntary. Because of the responsive or amenable character of the subconscious mind, our functions can be influenced by the conscious mind. For example, we can persistently suggest to our conscious mind, by means of affirmation, visualization, etc., the idea of perfect and

permanent health until this idea is strongly enough established in the subconscious to influence all functions to operate in harmony with the suggestions given.

The subconscious mind is the architect, the builder and the chemist of the body. As a chemist, it can elaborate in its wonderful laboratory everything that the body needs for its highest welfare and protection, with the conscious mind working in harmony to this purpose. With right mental attitude and harmonious, hygienic co-operation, it can at all times build a young, strong, healthful and beautiful body.

The subconscious mind is the storehouse of memory and its memory is perfect. Development of the art of recollection, or re-collection as we may term it, enables us to use this memory in more perfect degree. The subconscious mind is the seat of the emotions, and is, therefore, most deeply impressed by the power of suggestion or realization when the emotions are awakened.

The subconscious mind reasons deductively, and its power for such reasoning is perfect. It is essential that the conscious mind shall apply

correct premises or inductions, as the subconscious accepts the suggestions, reasons them out to their logical conclusions and acts upon them. The subconscious mind functions through the solar plexus and sympathetic nervous system. Some modern authorities claim that the pituitary body, an organ the size of a large pea, is the chief seat or office of subconsciousness. This is in agreement with some very ancient writings in which this organ is claimed as the seat of the soul. Our lives are very much influenced by the fact that the subconscious mind is such an extraordinary impersonator. Thomas Jay Hudson, in his "Law of Psychic Phenomena," elaborated this idea in an interpretation of the possible sources of spiritualistic manifestations.

The most remarkable application, however, of this law of subconscious impersonation, is in recognition of the fact that the particular part we play on the stage of life is due to constant subconscious impersonation, and that we have the power by conscious suggestion to play more and more perfect roles. We may interpret the law of life manifestation as passing through the successive stages of perception, desire, will, assump-

tion, impersonation, personification, and embodiment. This demonstrates that we can gradually learn to be just what we desire to be.

The Superconscious Mind is Infinite Intelligence, and our conscious minds are just learning to glimpse its glory, power and grandeur. We enter upon the joys and divine privileges of superconscious life through aspiration, meditation, silence, love and worship. The Superconscious Mind is above the boundaries of time and space, and as our consciousness rises more and more into realization of its reality and power, we shall demonstrate and manifest more and more of freedom, power and beauty. Only good will be perceived, and consciousness of life will be blissful. We will perceive the great realities of life, and life will be transformed into forms of divine strength and exquisite loveliness.

To see how divinely simple is the pathway to this attainment, we just realize that God, the Superconscious, is the Principle we know as Love, Life, Joy and Wisdom and shape our daily thoughts, words and deeds in accordance with the Principle, by richer loving, more abundant living, by greater joy consciousness, and more

liberal exercise of wisdom in pure, constructive thinking and activity.

MANIFESTATION

The objective plane is the realm of manifestation, the inner plane representing the plane of causation. Inherently we have Wisdom, Love, Life, Power, Health, Joy, Peace, for in essence and substance, we are one with the Source. Our work is to bring the principle into manifestation.

The more our minds dwell on the Divine Principle, the more perfectly do we manifest it in wise, loving, powerful, joyous life.

We are here to manifest Spirit, to differentiate, elaborate and extend life into form. When we discern the perfect and divine foundation of life, our manifestation becomes increasingly satisfying and beautiful.

Understand clearly that we are here to manifest life, and manifest it more abundantly. We are to manifest ever more of the quality and quantity of life in physical expression.

The essential purpose of life is the sublime

work of making God visible and manifest in every sphere of our lives.

MEDITATION

Meditation is an exercise of quiet reflection on some deep theme, frequently of a spiritual character. Its purpose is to gain greater light on the chosen subject, and to gain a deeper realization of its truth.

Meditation is a blending of many of the qualities of concentration and the Silence. It combines in some degree the qualities of both attention and receptivity. Its action is more diffused than concentration, for while direct concentration is the aiming of thought at a definite mark, meditation gives one considerable liberty to gently incline to various aspects of the subject over a wide field, and also to explore in an easy, reflective way, any associated subject.

It is, however, a more active state of the conscious mind than the Silence. The Silence is a state of pure receptivity. It usually follows the affirmation of some ideal, or statement of divine principle, which serves as a keynote.

The three exercises of concentration, medita-

tion and the Silence, should be practiced in succession. Twenty to thirty minutes devoted to this daily is of rich value, spiritually and mentally.

For meditation, choose some theme of interest and worth—a text from the Bible, a quotation from Emerson or other literature, or a single word, like Wisdom or Love.

Let the mind gently rest upon this subject, and it will gather many interesting viewpoints, and a sense of rest, poise and power from the quiet reflection.

MEMORY

Once we realize that the subconscious mind is the storehouse of memory, and also that the subconscious is responsive to our conscious suggestion, we have one important key to perfect memory. From these two ideas, we clearly see that memory can be immediately accelerated by faith and confidence in all suggestions and realizations.

When we further understand that the memory of the subconscious mind is perfect, we see that our faith and confidence is fully justified. With this poise and faith, recollection will serve us effi-

ciently. The perfect memory of the subconscious is the foundation, and our knowledge and faith enables us to more readily re-collect the impressions.

It also aids recollection to file away impressions clearly by exercising the faculty of attention. Another aid is to file away important impressions with a number of associated ideas, so that there are many avenues of recollection. A proper system of memory and recollection has been compared with a perfect cross-index system, where, in a library for example, there are alphabetical lists of authors, topics, etc.

Living a wholesome, poised life is essential to true memory expression.

One very important point is to seek to recollect only essentials. Our memory power will serve us admirably when we keep the mind clear and free. Remember the things worth while. Concentrate on the good, the true and the beautiful.

MIRACLE

The events we know as miracles are superb instances of the operation of natural and spiritual

law. They are achieved by use of powers which are inherent in all.

They are orderly in character, and in perfect harmony with the principle of life. The miracles of healing are being repeated to-day as in the days of the Nazarene. The beauty of the miracle of to-day is in its simple and sure unfoldment when the right principle is understood and exemplified.

Jesus healed in accordance with scientific principles. According to His word, greater works were to be accomplished than His.

In a true sense, life itself is every day a divine miracle, and the marvel and beauty of it all will grow upon us forever, as we preceive more and more of its divine origin and trend.

THE MIRACLE

Awake to chant the song of joy,
To live and love in wisdom's way;
This is the dawn of life divine;
This is the glad and promised day.
There's magic in the very air,
And springs of life in every soul,
For love can stir to deeps sublime,
And faith, to-day, can make us whole.

True visioned, let us climb the heights,
And glorify the present hour,
As God-like men awake and rise
To save the world with sacred power.
All hail this day of miracles,
Of mighty deeds, divinely wise!
This world is now a heavenly star,
For paradise within us lies.
To-day we greet the world new-born,
And from the chrysalis of sleep
We rise full-winged to claim the power
We visioned in our slumber deep.
Awaken man for ever more,
On earth reveal the Master Dream;
Bring forth the splendor of your soul;
You are the miracle supreme!

NATURE

Nature is the universe, or, we may say, the force actively manifesting in the universe. We think of Nature as Mother, and artists paint her as a beautiful woman. Nature is, therefore, symbolized as the divine feminine, an ideal which is always seeking expression in our religious forms.

Pantheism teaches that the Universe is God. God is, however, infinitely more than the visible universe.

Living close to Nature is one of the great essentials of perfect and permanent health. The ideal should be to advance with Nature, for we may combine the advantages of civilization with the simple, natural life, by giving special attention to the subject.

Thinking happily, speaking constructively, acting wisely, breathing effectively, exercising heartily, eating natural foods, bathing in sun, air and water, all are Nature's own elixirs.

NEW

Emerson says, "In Nature, every moment is new." When we are fully conscious of newness; that is, when our subconsciousness is fully permeated with this understanding, our lives will readily reflect this newness. Our thoughts will be renewed and radiant, our words will be fresh, invigorating and inspiring, and the body will be pure, new and vital. Life will be filled with zest and versatility.

The molecular renewal of the body makes

it new. To manifest this newness in youth and freshness, it is necessary to renew and re-educate the mind in correspondence with this renewal.

"Every morn is a new beginning," someone has said. Affirm in the most inclusive sense, "I am new, new in mind, new in body."

The perfect statement of newness is recorded by St. John, "Behold, I make all things new."

The constant renewal of life gives the perfect opportunity for nobler reconstruction. Think of the law of change constructively as the divine opportunity to build, in correspondence with the happiest and most beautiful ideals.

OPPORTUNITY

Opportunity is here, now. There is opportunity to think clearer, stronger and with more optimism; there is opportunity to speak more lovingly, more constructively, more wisely; there is opportunity to act more vitally, more creatively and more effectively.

The man who exercises initiative will find abundant opportunities for advancement. They are all about us when we use our full powers of perception, desire and will.

Wake up fully to the idea that your opportunities are right in the present. Embrace them with confidence and courage. Have the, "Do it now" spirit, and the spirit of "I can and I will."

There are opportunities to apply Constructive Psychology to your art, work or profession. A new standard of excellence is set, and a new efficiency brought into being.

There are abundant opportunities to increase personal efficiency, personal talent, personal magnetism.

The essential thing is a vital awakening, a glad and hearty response to the clarion call to inspired opportunity and service.

OPTIMISM

The New and Practical Psychology has sometimes been defined as Scientific Optimism and as Organized Optimism. It reveals the value of optimism and demonstrates clearly why we have reason for optimism.

With a realization of the resources of the mind, our inherent abilities, and our powers for their expression, we have a secure foundation for optimism. When we understand the nature

of the divine life as Infinite Love and Wisdom, and our relation thereto, our optimism is forever assured.

Scientific and organized optimism is the quality of optimism that sees the inner power and the opportunity, and proceeds to organize the outer life in a practical way to correspond thereto. Scientific optimism is both well founded, and practical in application.

Smiling, radiant faces, conscious of power to win for self and for all humanity, are the sublime prophecy of a happy state upon this earth.

Following two lectures given before the Los Angeles Division of the National Sales Managers' Association, one by the author of this book, April 22, 1914, on the "Psychology of Success," and a second lecture by Mr. Robert Armstrong, also of Los Angeles, a most interesting proclamation of optimism was made by H. H. Rose, then Mayor of the City of Los Angeles.

PROCLAMATION

"Whereas, the people of Los Angeles have reason to rejoice in the richness of their material blessings, in the super-abundant yield of orchard

and field and vineyard, in the achievements of the past, in the spirit that has built a great and marvellous city, in the imagination and daring that have reached out to the distant sea for a harbor and the more distant mountains for a water supply; and

"WHEREAS, only optimism should prevail in a land so beautiful and bountiful, among a people the greatness and prosperity of whose future is assured . . . therefore the people should take a new grip upon their confidence and persist, as they have heretofore, in radiating courage, happiness and the spirit of success:

"Now, therefore, I, by virtue of these conditions, proclaim the week of June 1, 'Prosperity Week,' and urge all citizens to adopt the wise, healthful and remunerative creed of cheerfulness and to join with all good will and faith in the great and prosperous business of smiling."

"H. H. ROSE, Mayor."

Hundreds of thousands of tags bearing the creed of optimism were printed and distributed to business firms. More than a half million stickers were printed for distribution on packages and

deliveries. Ninety thousand tags were given to children alone by a Sales Managers' Association.

The words of the creed follow:

"I believe in Los Angeles and her people.

"Prosperity belongs to us here and now.

"Commerce, Industry and Nature are ready.

"I am full of the spirit of optimism and radiate prosperity.

"I smile every day.

(See also Success and Prosperity.)

OPULENCE

Opulence suggests success and prosperity in a beautiful and well-rounded degree. It is valuable in a real sense when there is an underlying richness of mind and spirit. True opulence is elegance of exquisite simplicity.

Rich and radiant thoughts springing from a mind conscious of the Infinite Abundance, are magnets to attract opulent and prosperous conditions.

Concentrate on the opulence of Nature, the opulence of the sky, the opulence of the stars, the opulence of the sun, the opulence of the air,

the opulence of the ocean, the opulence of the fields and woods and flowers, and claim your own birthright of opulence as the child of opulent Nature.

PEACE

The true peace is a condition of poised power. Such a peace is absolutely constructive. It is peace with honor and victory. It is the peace of divine principle. To live in peace, nations like individuals should progress. The life urge forever moves on. When we move on with it we find harmony and power in our unfoldment.

Work with the life currents. Find the inner center of life, and be poised and centered. Dwell mentally upon ideals of vital peace. Realize that true peace is from within.

To fill the life with a sense of peace, realize that the divine power is supremely powerful and supremely beneficent. Breathe deeply and rhythmically as you meditate upon the spiritual reality of peace.

PERCEPTION

Perception is usually defined as the identification and classification of a sense impression

revised by the associated ideas concerning it, already in memory. According to the New Psychology, man will ultimately attain such perfect and co-related development of his subconscious or subjective powers and his objective or conscious powers that he will have an instantaneous and perfect perception of the fixed laws of nature. By spiritual or intuitive perception we discern spiritual principles of life and their relationship to the control, illumination and rejuvenation of our lives.

PERFECTION

The principle of life is absolutely perfect. The outer life can manifest this perfection in relative form. Outer perfection is relative because infinite perfection of Principle is progressively realized and manifested in eternal growth by our consciousness.

Progression and growth naturally imply relative perfection in expression.

PERSISTENCY

Persistency is one of the qualities that make for success. It expresses courage and faith,

and practical experience confirms its power to win.

Persistently aiming at a given mark, in due time we are able to reach it. Persistent thoughts of a constructive order produce habits of a renewing and regenerating character. The persistent thought becomes a habit, and is eventually expressed with perfect facility.

The persistent thought of success ultimately brings this success in all relations.

PLEASURE

True pleasure heightens the power to live more generously and radiantly. The test for pleasure is its reaction. When it reacts constructively, and increases life and happiness in the long run, it is of great value.

One should find pleasure in play and also in useful, hearty, efficient work; helpful to self and to all.

Pleasure vitalizes the cells of the body, and assists in their complete renewal. Pleasure of the constructive order gives new light and energy to life. We should seek normal pleasure, and seek to impart pleasure.

PRAGMATISM

Pragmatism is philosophy, selected and adopted as truth, on the basis of its approximate or working value. Applying the test to any idea, "How will it work out in life?"

POISE

Mental poise is an inspiring combination of peace and power. It springs from a realization of inner power to meet all conditions with serene strength. Constant poise of the highest quality must rest upon a sound philosophical basis. This will manifest as we realize more and more the supremacy of mind. A divine calmness will permeate the mind with this conviction.

Physical poise is one of the essentials of perfect health. When the body is held in the right poise, all organs are in right adjustment and position. Circulation is free and natural. The nerves act freely and easily and in order. In sitting and standing, working or resting, see that the spine is erect and natural, the chest expanded, the respiratory organs free to do their perfect work, with abundant room and opportunity.

Walk with poise, and talk with poise. Let poise be one of the beautiful and distinctive features of your life. Be determined to manifest it in a perfect degree.

POWER

We are permeated with latent power which we can convert into dynamic force when occasion requires. The source of true power is within. Life is a joy and a privilege when we recognize that we can consciously connect with the infinite storehouse of power.

A new interest, an inspiring thought, a visit from a loved friend, reinvigorating us with a sense of gladness, power and rest prove that we have power to draw from when the subconscious call is made.

As we learn to know ourselves better, we will have such faith and confidence in the power within us and surrounding us that every thought and emotion will be inspired with courage and strength.

We turn on the switch, and the connection is made that causes the electric current to act as light or power. We can connect with the Infinite

Power-house through our consciousness, by realization of oneness, and power will flow to us to meet every situation happily and victoriously.

PRAYER

Prayer in the highest sense is conscious communion with God, realizing the unity of God and man, and giving glad recognition and praise for the good underlying and ensouling everything, everywhere.

Prayer is a dynamic power to fulfiill itself. The prayer of faith is a positive healing power.

Prayer is a substantial, practical force to accompany the initiation of every enterprise or undertaking.

All life is praying in some degree, for praying, essentially, is desiring. Each tiny life prays in some way, according to development. The prayer grows more powerful and scientific as one prays understandingly.

Prayer should be sincere and spontaneous. It is the spirit of the prayer which gives it power for fulfillment.

PRINCIPLE

The Principle of life is divinely perfect. In our relative life, we are growing as we learn to live closer to the divine Principle of Being.

At any time, we can refresh our minds in turning from the relative manifestations of life to be conscious of the reality of the divine Principle. As we dwell upon the perfection of the Principle, that constitutes our real Being, we can act with greater inspiration and power to exemplify the principle in corresponding harmony in the outer world.

The mind that concentrates and meditates on the Perfect Principle of Life receives inevitable poise and power. There is born a divine assurance that all is well within, and this can be harmoniousy manifested.

PROSPERITY

By following the principles of Practical and Higher Psychology, many have found the way to true prosperity. Many affirm that since they have entertained these ideals they have become literal magnets to attract prosperity.

Confident expectancy of prosperity, living in

the consciousness of wealth, and thinking, talking and working in the right way, are all rich psychological aids to prosperity.

One step in the attainment of prosperity is to live in the mental atmosphere of prosperity. Thinking large, rich, generous thoughts will help greatly to accomplish this purpose. Associating with prosperous people and receiving their mental atmosphere is often helpful. Prosperity communicates itself to those who are receptive to it.

To prepare the way for prosperity, one should practice a system of self-building. Build the quality of individuality and personality that creates or invites success. Make yourself attractive, vital, magnetic, through wholesome living, sincerity, and right thinking.

Visualize prosperity in all your affairs. See yourself in mind surrounded by evidence of plenty. See yourself doing your ideal work and receiving abundance. Accompany these mental pictures with prosperity affirmations.

The following are examples. Enter into the spirit of them. Affirm them strongly, earnestly and enthusiastically.

I am prosperity.
I attract prosperity.
I radiate prosperity.
Prosperity is my birthright.
My success is assured.
My supply is plentiful.
I am one with the Source.
I manifest riches.
Wealth is mine.
I think prosperity.
I talk prosperity.
I breathe prosperity.
My prosperity is inevitable.
Prosperity is for me here and now.

(See also Optimism, Opulence and Success.)

PROTECTION

Life is protected when we think and live constructively, doing the best we can mentally and physically, and giving our intuitions the opportunity to perfect the work of protection.

The principles and the mechanism by which life is protected are of a high order. The protective mechanism of the body, in an organic way, reveals the power and beauty of protection.

Nature's healing power illustrates it, and its instantaneous response to the silent demand is a most eloquent testimony to the inherent powers by which life is made secure.

To give protection to life, develop the mind on every plane, subconscious, conscious and superconscious and co-ordinate them wisely in balanced development. (See Intuition.)

PSYCHOLOGY

THE NEW, PRACTICAL AND CONSTRUCTIVE PSYCHOLOGY

Psychology is the science and philosophy of the mind.

Abstract Psychology is an account of the phenomena of the mind, their laws and classification.

New Psychology is a term used to represent the laws of the mind as they apply to the attainment of health, happiness and success, and the unfoldment of mind, soul and body.

Applied Psychology is the new and practical psychology as definitely applied to the immediate and practical affairs of life. The essential

feature of the New, Practical and Applied Psychology is the demonstrated idea that the power is within the individual, by understanding and directing the subconscious mind and by conscious relationship and communion with the superconscious mind, to build and rebuild life in mind, body, character and destiny, in accord with chosen ideals.

Constructive Psychology is the very latest development in the science of the mind, and is based upon a purely constructive attitude toward all life. It reveals the way to the highest attainment by being constructive in thought, word and deed.

PSYCHO-ANALYSIS

Psycho-analysis is a system of exploration into the subconsciousness by which inner harmonies are restored, and abundant energies released for normal use.

The healing method is known as *transference,* which is brought about in the highest degree through the constructive sympathy and confidence established between the student and the practitioner.

The results are effective in the degree that the state known as *sublimation* is reached, in which the inner desires of the student are given expression in sublimated form. Psycho-analysis proves that expression is life, and that wisdom in expression is the great essential.

Psycho-analysis will be increasingly useful as its exponents discover that the process may be made one hundred per cent constructive.

PHILOSOPHY

A true philosophy enables us to look at life with scientific and organized optimism. It accomplishes this because it gives us an understanding which permits us to see the events of life from a true perspective; as a whole rather than in parts.

Just as the man high on the mountain hears the rhythmic hum of the voices and other sounds of the valley in a melodious blend, so the philosopher views life from an aspect of continuity which reveals the true beauty of life.

Philosophy has been called the true elixir of life. This is true, for wisdom gives the understanding of the great fundamentals of life, which

inspire and enable us to live in harmony with our Source in every department of being.

PRINCIPLE

The Principle of life is divinely perfect. In our relative life, we are growing as we learn to live closer to the divine Principle of being.

At any time, we can refresh our minds by turning from the relative manifestations of life to be conscious of the reality of the Divine Principle. As we dwell upon the perfection of the Principle, that constitutes our real Being, we can act with greater inspiration and power to exemplify the principle in corresponding harmony in the outer world.

The mind that concentrates and meditates on the Perect Principle of Life receives inevitable poise and power. There is born a divine assurance that all is well within, and this can be harmoniously manifested.

QUALITY

Constructive Psychology enables one to live a life of superb quality. The desire and the will to excel in our thoughts and activities become

habitual. This condition of mind leads to greater knowledge, enthusiasm, inspiration and efficiency, and through the awakened powers, we stamp the impress of sterling quality on all we think, say and do.

Wholesome and sunny moods, and intelligently directed thinking will soon raise life to a nobler standard. We may make life a fine art through wise thinking.

Our work will be of a success-inspiring quality as we unfold the higher consciousness. The quality and the quantity of life are truly abundant as we live in affirmation of the highest, and act in correspondence with it.

RADIANCE

To radiate is to shine forth from within. In the demonstration of eternal youth and health, we shall be so richly conscious of life and power, we shall send out gladness and radiance to all.

The more life one radiates, the more he finds available for use. Life expands with its use. Life consists essentially in the giving, the expression, the radiation.

A heart full of love for humanity will radiate

itself to all. It will shine through the face, it will glow through the speech, it will permeate even the silent thought and give itself generously in subtle, helpful magnetism of mind and manner.

The man and woman of the new age will be truly radiant. The joy and beauty of the Spirit will scintillate through luminous flesh. The very body will be exquisite in radiation of life, light and intelligence.

REALITY

Reality in a metaphysical sense represents the perfect and eternal. The phenomenal world is designated as actual, and is subject to constant change and development as consciousness rises and expands.

It is uplifting and inspiring to meditate upon the supreme reality of the good. Life, Love, Wisdom, Joy, Power and Beauty are realities. As we discern them and claim their reality, they manifest in our lives.

Turn to the realm of the real. Worship at the shrine of the eternally good and perfect. Permeate your mind with the consciousness of

pure Reality, and life will radiate with strength and loveliness.

God is the Supreme Reality of the universe, and all are parts of this Reality.

REALIZATION

The purpose of all spiritual and mental exercises such as Silence, Meditation, Concentration and Visualization is to deepen one's realization of the truth.

The more we think life, talk life, breathe life, and the more we realize the presence and power of life everywhere, the more perfectly can we express life.

The purpose of treatments for oneself or for others is to awaken or heighten the realization of health.

"Life is real; life is earnest." Health is real; youth is real; love is real. As we realize these affirmations we awaken the power to actualize the desired conditions.

Technical perception of a truth should be developed into vital appreciation and glowing realization of the truth. Realize with ardor, earnestness and enthusiasm.

RECEPTIVITY

To balance life and perfect growth to the highest degree, times of pure Receptivity are essential as well as times of positive expression.

The highest form of receptivity is directed by a spiritual keynote, silently affirmed by the individual, which makes him or her a magnet to attract the wisdom, life and beauty which is in harmony with the keynote. Such receptivity is selective receptivity. Your life is freely open to all pure, noble, healthful, beautifying and spiritualizing influences.

This is the ideal way in which one becomes "as a little child."

When life is balanced in receptivity and expression, the highest unfoldment is assured. We take our happy places in the great University of Life. We are student-teachers, giving and receiving.

REGENERATION

The regeneration or rebirth of the mind and body can be realized through practical psychology, spiritual science and appropriate attention

to the law of the physical body. The regenerated body will express perfect and permanent health, and perpetual youth and beauty. The regenerated mind will be pure, strong and brilliantly creative and optimistic.

Food is a valuable regenerating influence, the keynote of rejuvenative diet being naturalness. This is best obtained in fruitarianism.

Water is also a means of physical regeneration. The body is composed of over seventy-five per cent water. Supply this water in a pure and vital form, and in appropriate quantity, and it will aid in the expression of perfect health.

Distilled water, when perfectly aerated, is useful. The very generous use of fruit serves to supply the fluid required by the body in a perfect form.

Sunlight is a regenerative influence. First let us think of the sunlight of pure Spirit with its golden radiance and joy—imparting life and power. We may also think of mental sunlight filling the mind with new and fertile ideas and inspiring to renewed endeavor, and as pure happiness and optimism.

Supplementing our spiritual and mental sunshine, we should bathe the body frequently in sunlight. Triune sunlight, spiritual, mental and physical is a rich aid to our regeneration.

Air baths for the lungs and for the whole body serve as a rich, regenerating influence.

Exercises yield a greater purity and strength to the body. One may readily blend exercise of mind and body, and in joyous exercises expose the body to air and sunlight.

In the customary religious significance, regeneration means being born again of the spirit. This is frequently termed conversion.

Regeneration in biology signifies the process by which certain creatures, such as lobsters, starfish, snails, etc., are enabled to replace parts of their anatomy. A lobster grows a new claw, for example.

Regeneration in Creative Science signifies the process by which the sex forces are so intelligently conserved and expressed that the individual life is perfectly renewed, and natural immortality is thus attained.

Creative regeneration in single life consists in directing awakened life energies to the renewal

and fertilization of the brain and other higher centers of the body. Regenerative results in the individual and the stamp of genius in his product are accomplished by directing this power to art, music and spiritual development. In this way, creative force is conserved and also expressed in sublimated form.

Creative regeneration in perfected marriage, where the participants are spiritually, mentally and physically mated, consists in such complete communion that the characteristic life force of each is perfectly radiated and blended.

In regenerative communion the participants definitely and mutually agree to direct their love and creative energy toward their united regeneration.

Spiritual regeneration is attained through realization of oneness with our source, or communion in Silence with the Universal.

Man is the perpetual embryo in the womb of Mother Nature, and conscious of her love and willingness to yield all the vital treasures of her being, may grow, evolve and regenerate eternally.

REJUVENESCENCE

Rejuvenescence is growing young again. In cellular rejuvenescence, the cells exchange nuclear substance, and are thereby made young and vital again. Two cells of similar need are attracted together and are either repolarized through simple contact, or the nucleus of each cell is drawn to the surface at the point of contact, and gradually blends until there are two cells with a single nucleus.

Then the nucleus again divides, and the cells gradually draw apart again, and are fully rejuvenated.

Under right conditions of mental attitude, hygienic habits, and creative thought and practice, man can rejuvenate himself and literally grow young again. "His flesh shall become fresher than a child's; he shall return to the days of his youth."

RELATIVE

The relative world is the world of objective relationship and physical manifestation. While the absolute represents *Being,* the relative repre-

sents *becoming*. All things relative are therefore developing, growing, advancing. The relative is the actual life or the life perceived through the medium of the outer perception.

We differentiate between the absolute and the relative, the real and the actual, because we desire to correctly distinguish between the Power and Principle, which is "the same yesterday, today and forever," and passing phenomena.

To raise the quality of the relative, we perceive the real; we meditate on the Beauty of the Absolute, the Glory and Power of the Infinite, the Love and Joy which are God.

Time and space are relative. The individual who communes with the Infinite transforms the relative so that perennial youth and radiance are expressed.

RELAXATION

Through the most perfect degree of relaxation, we offer to Nature the perfect conditions for renewal of the body following our zestful activities.

Giving oneself with a glad freedom to rest constitutes real relaxation. Let go with the ease

and simplicity of a child. Watch a baby relax and follow its example.

A sense of trust and confidence in life, the realization that all is well, invites perfect relaxation. Live in the thought of the good, of the power and supremacy of the good, of your oneness with the good, and it becomes simple to relax.

Invite the finer forces of life to do your work. Scientifically initiate the processes by visualization, affirmation or other activities, and command at will the inner forces to serve you. Let the conscious mind do its full share of the work and only its full share. Turn the work that rightfully belongs to the subconscious over to that sphere, where it can work silently and efficiently, giving greater freedom to the conscious mind.

Cultivate the habit of seeing the great essentials, and letting the rest go with ease.

Practice physical as well as mental relaxation. Live in the sense of eternity, and know that you can work or rest or play in ease.

Study to relax physically when desired, so that every part of your body is in perfect ease. At

first, it is well to suggest relaxation for each limb or other part of the body. Feel that each part is gladly, easily giving itself to rest, just simply letting rest come.

Complete relaxation before sleep will be found of very great value, permitting full recuperation, and enabling one to rise with a child-like sense of freshness and power. At intervals in the day, relax perfectly. One truly economizes time by spending a certain time in the art of relaxation.

RENEWAL

Nature is constantly renewing the body. In thirty to sixty days, the softer tissues, molecule by molecule, are changed. In less than a year, even the harder bones change. At a rate according to relative density of structure, the body is ever-changing.

When we renew the mind with new thoughts, ideas and emotions, we can direct this renewal along lines of constant betterment. Thus we are heeding the inspired word, "Be ye transformed by the renewing of your minds."

Through faithful practice of life culture, the young can constantly renew their youth, and

youth may be perfectly regained when one makes a truly adequate regime for this purpose.

Under perfect conditions, the renewal will be of a most complete order. The contours of the face will be perfect as in youth; the face fair and smooth; the complexion as exquisite as a rose; the form will be upright and strong; the steps elastic and buoyant. The mind will be renewed, and powers of memory, concentration and reason will grow with the years.

REPOSE

The cultivation of repose is a rich contribution to health, youth and vitality. When we perceive the true source of power, we gain poise, harmony and repose. The most efficient activity is that which combines great strength with the expression of perfect repose.

A deep consciousness of our inner resources will greatly strengthen our power of repose. The conviction that we can draw upon these resources gives us faith and we work with a consciousness of deep ease.

Heaven is pictured by many as a place of perfect rest. Heaven is a state of consciousness

made manifest in happy, zestful and reposeful activity.

REST

The most perfect rest is attained when exercise and relaxation are wisely co-ordinated. At night we rest best by turning our activities entirely over to the subconscious and superconscious intelligence, assured of full protection and perfect rejuvenation.

Variety in exercise is a valuable aid to rest. Fill life with interest and versatility.

By thoroughly resting certain faculties of the mind in exercising or in giving attention to other faculties, we invite nature's regenerating forces to have full sway. Restful activity is very closely associated with the expression of eternal youth.

The idea of eight hours' sleep a day is excellent, and sometimes more than eight hours' sleep is wise, when the work requires a longer time than the play. Eight hours of each balances life in an admirable way.

We gain wonderful rest from certain thoughts. Calm assurance and trust give peace, poise and power to the mind. The knowledge of the reality

and the relationship of the Spirit of Infinite Love, Life and Wisdom refreshes, heals and restores.

RESURRECTION

True living is a perpetual resurrection, a constant awakening and arising to the increased livingness of today. Every day is Easter to the one who is initiated into the teachings of the new life. The more that we include within the area of our attention, of the good, the true and the beautiful, the more we extend our consciousness. This extension of consciousness is a richer, fuller livingness.

Before the Nazarene had entered upon his three days' sleep, he had appointed the time of his awakening, and he arose accordingly.

Before you sleep at night, you can affirm the exact hour of your awakening. This is constantly being accomplished, and nearly everyone has done it many times.

When one sleeps at night with the affirmation of a happier and more radiant dawn, confident of awakening with freshness, newness and confidence, this is an ideal preparation for the daily

Easter. Every move is a resurrection morn when each evening's sleep is hallowed with heavenly suggestions of love, good-will and life abundant.

While the conscious mind is blessed with rest, the faithful subconscious keeps perfect watch, giving the life perfect protection and active renewal.

Scientific sleep is a psychological chrysalis out of which we may emerge refreshed, transformed and beautified.

RELATIONSHIP

The real law of relationship runs deeper than our usual conception of relations.

One who believes in the fact of re-embodiment will readily see the largeness of the idea of relationship. Well may one ask the question, "Who is my neighbor?" and "Who is my father or my mother?"

As we think of the spiritual principle of life, and our place in the Universal Being, we see that all humanity is related. In the highest sense, relationship is so perfect, there is only one life.

Our relative or objective relationships are determined according to the Law of Attraction. We attract into relationship whoever and whatever we organize consciousness to relate with. There is an inner something that brings every individual into your life with whom you relate.

In the highest stages of consciousness, our mental attitude will be of an order to bring into our sphere of life those who will be a delight to us because of the service we can render them, and because of the service they can render us.

We will attract loving friendship, harmonious people, people of distinction and worth. We outwardly attract what we are inwardly related with.

We will love and enjoy those we term our blood relations and we shall also realize with Emerson, "One circulation rolls uninterruptedly through all."

The brotherhood of all is realized in the highest degree through consciousness of oneness with all.

SERVICE

Service is the highest word in the psychology of success and efficiency. The constant question,

"How can I render a more effective service to my fellow man?" will give true advancement and nobility of character.

Happiness and success are found in power and beauty of service. There is a larger and richer way in which we can all serve. Co-operate to help the world forward, to bring the latent Heaven into expression on earth. Let your service be imbued with the spirit of loving kindness and the highest wisdom.

The practice of happy affirmation has always a richer application and force when it is directed to life, power and health with the definite will to thus serve humanity more effectively.

SILENCE

One of the beautiful and helpful exercises used by metaphysicians is that of the Silence. It means the complete receptivity of the whole being to the Divine Life. The outer senses are quieted through mental and physical relaxation. The entire attention is then directed to spiritual realities. One is seeking to *be* rather than to *do* at such a time. In the highest state, one enjoys

the supreme luxury of pure Being, in conscious oneness with the Infinite.

In the Silence, one turns the attention from things to pure principle. One thinks of Love rather than of loving others, and similarly of Life, Joy, Power, Wisdom and Beauty.

There is no desire in the Silence to see phenomena of any kind, psychic or otherwise.

The Silence is entirely devoted to the sublime realization of the Infinite Life and Love in which we "live, move and have our being."

The Silence is a state of selective receptivity. One is receptive only to the influx of the divine. This is determined by the aspiration which sets the keynote before entering the silence. This aspiration is sincerely affirmed and the duration of the Silence is absolutely consecrated to the purpose of deeper communion and at-one-ment with Spirit.

The Silence heals without reference to healing. One enters upon a plane of consciousness where there is only health, for only the good prevails. Following the exercise of the Silence one takes up his practical work in the relative world bap-

tized with a new power, and illumined with a new understanding.

SOLAR-PLEXUS

The solar-plexus is the great nerve center, lying almost immediately back of the stomach. Because of its importance, it has been termed the abdominal brain. By many it is regarded as the physical seat of subconsciousness. It is the most immediate physical index of emotion.

It is sometimes poetically referred to as the sun centre of the body, radiating the maximum of life and energy when it is governed by the right mental attitude.

Rhythmical breathing, co-ordinated with appropriate affirmation, quickly imparts poise to the solar-plexus, and causes a sense of harmony, courage and well-being to pervade the system.

SPIRIT

Spirit is God, the Universal Intelligence, especially considered in the aspect of the animating, vitalizing power in the universe. The term Spirit should always be interpreted as expressive of Life. For example, a truly spiritual man is one

filled with both the quality and the abundance of life. "It is the Spirit that quickeneth."

He is one whose life is animated and quickened by the vivifying power of Spirit. His mind is radiant with life and intelligence and his body likewise manifests purity, vitality and power.

This is the Spirit-World in which we are living today. Our spiritual manifestation of power is in proportion to the development and extension of our consciousness.

Conscious possession and use of spiritual powers and privileges are gained by increased intelligence and livingness.

To be spiritual in the most vital and inclusive sense, we think life, talk life, and in all ways seek to live to the utmost. We seek to know more about the powers that are potential within us, utilizing to the highest degree what we know as the finer forces of life.

Spirit surrounds us and permeates us. It is life of our life, and substance and essence of our being. We are pure Spirit, and the consciousness of this fact should inspire us to power, joy and beauty of expression.

We speak the word of power and healing, and

our words are richly effective in all things, as we realize with the great Teacher, "My words are Spirit and they are Life."

STRENGTH

Strength rises from within, and one who becomes conscious of the inner springs of strength will always manifest in strength of thought, word and physique.

Our spirit is the cause of our strength, and the exercises we take, the food we eat, and the air we breathe, are the conditions of outer manifestations.

Deepen consciousness of strength by affirming oneness with the principle of strength.

Concentrate on beautiful examples of strength in healthful physique and form. Think of the mountains as symbols of strength. Affirm and visualize strength, and know you are constantly growing to manifest it more and more.

Be strong in mind and body. Strength of character is sure to be attained when one concentrates on the good in everything and everybody, and puts good will into all work and activity.

Live close to Nature, simply, healthfully and effectively. Breathe and exercise with inspired zest. Eat wholesome, natural foods and alternate happy exercise with perfect rest.

Live in the thought of eternal youth, that your strength may abide forever.

SABBATH

The sabbath signifies the seventh day, or day of realization. In daily realization of the sublime Truths of the Universe, and its Source, and our relationship to this Power, we live in an eternal Sabbath. Every day is Sunday to the enlightened soul.

SACREDNESS

Life is sacred in soul, mind and body. Every day and every place is inherently sacred, and this realization will invariably bring right thought and action into expression.

Sunday and Saturday are indeed sacred as respective organizations claim. So also are all days sacred.

What we know as the Holy Land is sacred; so are all lands sacred.

The soul is sacred, and the body in every function is sacred. The realization of the sacredness of the body beautifies it and gives it more of light, radiance and power. The realization of its sacredness is absolutely essential to its regeneration.

SATISFACTION

Satisfaction is found in proportion as one turns in consciousness to the Reality of Life. Our lives express the joy, wisdom and beauty of this Reality in proportion as we contemplate it. "I shall be *satisfied* when I *awaken* in thy likeness." We may now awaken to realize our essential unity with the divine power, and to express the true image and likeness.

One can be engaged in the most sublime work of all. This is the work of teaching mankind the Source of true and abiding satisfaction. This Source—the One Perfect Source—is God.

SUCCESS

Success means to one, wealth; to another, health; to another, fame; to another, happiness; to another, ability; to another, love. These are

simply the varied aspects of success. Real success underlies and includes them all, and infinitely more beside.

True or complete success is knowledge and wisdom expressed in the discovery and use of the real powers of our being. This would be a constant spiritual, mental and physical progress. This constitutes true success because one in this consciousness can dip down at pleasure into the well of health, power, youth, happiness and love.

There is a science of assured success. The optimistic, affirmative, constructive man, doing as well as dreaming, creating as well as aspiring, will find abundant success.

One should saturate his consciousness with success, until it shines forth and radiates in his very department, poise, expression, gesture and mental atmosphere. In this way, you become a living suggestion of success, and a veritable magnet to attract success in every desired form. The way to find success is to express success; the way to express success is to persistently think success.

Success is yours: accept it; express it; appropriate it. Let the consciousness of success fill

and thrill you. Give thanks to the Infinite Spirit here and now for your assured and inevitable success. Say with understanding and spirit, "I am Success!"

Approach your work and all activity in the constructive mental attitude. Seek to find the more inspiring aspects of your work or the more inspiring viewpoint from which you can see your work. Regard it as a means of individual development as well as ordinary productiveness, and you will put the success stamp on your work and yourself at the same time.

SUBCONSCIOUS AND SUPERCONSCIOUS MIND

The subconscious mind represents the planes or phases of consciousness below the normal margin of consciousness, and the Superconscious Mind represents the planes or phases of consciousness above the normal range of consciousness. The term Superconscious Mind is also used to indicate the Universal Mind including in its oneness all life, substance and intelligence.

See description under the term Mind.

SUGGESTION

Suggestion is the art of conveying to the mind an impression with sufficient power of repetition to modify the mind or life in general, in correspondence with the idea suggested. We may give ourselves or others suggestions of success, health, youth, joy, beauty and wisdom, either silently or audibly. These will be successful in proportion as they are received and assimilated into the subconsciousness or seat of habit.

Direct suggestion is that form which is given openly or directly to the mind. These are most helpful when the mind of the receiver is open to gladly accept them, and to co-operate with the suggestions made. Subtle suggestion is the form of thought that is conveyed by such art that it is received as accessory to some other idea; and passes gently into the subconscious mind of the hearer. "A hint to the wise is sufficient," is a proverb which expresses this form of suggestion.

Larvated suggestion is the kind of impression that is conveyed to another with the use of some physical thing, which acts as a medium or symbol of such suggestion. The healing power is aroused

by the suggestion rather than through any healing virtue in the particular thing outwardly employed. Bread pills, blessed handkerchiefs, sacred relics, etc., may be quoted as examples. Most psychologists believe that when Jesus mixed his saliva with the dust to make clay to anoint the eyes he healed, that this was a form of larvated suggestion. This undoubtedly inspired faith which was the real healing power.

Histonic suggestion is a term employed by Hudson to designate a method of conveying therapeutic (healing) impulses through the medium of the specialized cells of the hands or finger tips of the healer brought into contact with the peripheral nerve terminals of every organ of the body. This corresponds in some degree with the biblical "laying on of hands." According to this method, the hands are employed at the seat of the desired healing, or along the spinal column, or simply placed upon the head. Some place one hand over the solar-plexus and the other at the back. The use of the hands would naturally be guided by the location of the desired healing, and also on the relation existing between healer and the recipient of the healing.

Through the use of the hands, it is claimed that full use may be made of the power of the mind as a healing agent, plus the direct use of the nervous system, connecting the cells of the body.

Most metaphysicians, many psychologists, and all divine scientists rely purely on the action of mind in healing. Others find a supplemental value in the use of the hands.

Suggestion is simply a means to realization of truth and health, and should be so employed as to give progressive reliance on the permanent realities. (See Healing and Telepathy.)

SYMPATHY

Sympathy of true, constructive quality is a helpful and healing force. In true sympathy one always realizes the power within to aid, and rejoices in the truth of the effective power available.

In wise and loving sympathy one visualizes the person who is to receive as in the ideal condition, knowing the power of thought, and using it in the trained power of imagination and real-

ization. Supplementing the healing thought, every form of helpful action is applied.

SYSTEM

Through an intelligent system of life and work, one can accomplish good for self and for others with greater efficiency. Have a place and a time for everything, always permitting the system to leave room for inspiration and spontaneity.

Have some system of daily work and play, and a system of meditation and silence to develop the rich inner powers of life. Systematic effort soon produces practical results, and gives a rightful place to constructive habits. Have a system of education, as this helps one to grow and develop new powers. Education is essential at all stages of life.

Systematic affirmation and health activities give cumulative power, and help to bring the desired demonstrations.

SALVATION

Salvation is the discovery, realization and expression of the true Self. Know thy Self and

express thy Self. Salvation of the complete life may be attained. In scientific salvation, the body becomes gloriously well, the face and form beautiful, the mind radiant and brilliant, and all affairs harmonious and prosperous.

To know God is Life Eternal. The conscious realization and expression of Life Eternal represents true salvation. God is the one and only power of the universe. This is to be announced and affirmed until our consciousness completely confirms it.

As far as the objective life is concerned, it will change as consciousness changes, even as the pictures on the motions picture screen change as the film changes.

SCIENCE

Science is classified knowledge. This science of to-day largely represents the viewpoint of the scientist concerning such knowledge. It is *relative* science.

True science and religion are one. When religion is rightly interpreted, and science is more fully understood, we will find this to be true.

Universal Psychology interprets Christianity

as pure Science, and explains how to heal, harmonize and perfect the outer life through understanding of Life.

Universal Psychology is the science of Mind, and psychologists seek to realize their true relationship to Mind, and thereby to discover, realize and express their perfect health and harmony.

SEX

Sex represents the positive and negative, masculine and feminine, or giving and receiving poles of life, through which creative activity is expressed.

Though fundamentally a unity, in pure oneness, life manifests in dual differentiation, to secure the joy and force of reciprocal activity and creative power.

Sex is, therefore, fundamental, and produces all the varied and beautiful changes and conditions of the objective world. It is the basis of physical generation and regeneration. A wholesome understanding of sex, means a realization of absolute unity and relative differentiation. This gives wise and balanced attention to the sub-

ject of sex, and wholesome and creative expression of its powers.

The important thing about the understanding of sex is to give it its true place and honor, and to understand and express its purpose.

True unity is a communion of reciprocal soul, mind and form. The communion gives the creative force. The mutual ideal supplies the direction of the creative power.

In ideal marriage, with pure love, and wise understanding and expression of creative powers, husband and wife can sculpture their lives in mind and form at will, expressing perpetual health, youth and beauty, and brilliancy of mental faculty, and assuring themselves of prosperity and adjustment in their environment and circumstances.

SLEEP

Sleep is complete conscious rest and subconscious and superconscious activity. It presents a sumblime opportunity for reconstruction. The thoughts we think before sleep have a special significance and power. Thought of life, harmony, love, goodwill, courage and faith open

up the consciousness in the most perfect degree to the free and full activity of the regenerative forces.

Relax completely, and let the inner forces have full sway for the time being. Give yourself gladly and fully to sleep.

There will be under these ideal conditions a complete recuperation because of the harmonious activities of the subconscious mind, and an influx of inspiration from the superconscious mind, which will become apparent whenever the occasion for its use arises.

In the realm of mind, the subconscious intelligence is enabled in restful sleep to use its remarkable power of deductive reasoning; hence we arise in the morning with clear decisions and determinations.

"To sleep on a proposition," to use a very frequent expression, really means to be very much awake to it, in a subjective and spiritual sense. The conscious mind is only a part of the mind activity, and the right kind of sleep is an invitation to the spiritual forces to co-operate in the highest degree.

Sleep must be alternated by periods of being

intellectually wide-awake to the highest possible degree, for the conscious mind is the mind of initiative in objective affairs. (See Rest and Repose.)

SOUL

Soul is used to designate mind, life or spirit. Special interpretation is required to understand the sense in which any author or speaker uses it.

Soul frequently signifies the present state of consciousness varying with daily change and unfoldment.

The word soul is also used to describe the subconscious mind.

Soul is also used to describe the Real Self, the Superconsciousness of Being. Used in this sense, it is usually spelt with the capital S.

Frequently, in the Bible and in other literature, the words soul and life are used synonymously.

By reading the related passages of any book, it is usually possible to recognize the way in which any given authority uses the term soul.

Some would say, "Man possesses a soul." We might truly say, "Man is a soul." We may think

of soul as constituting man's real life and being. Proceeding from this basis, man may realize his eternal nature. He, the eternal soul, possesses ever-renewing thought and an ever-renewing body.

In this understanding, one can truly affirm, "I am eternal life. I am eternal health. I am eternal youth." This is speaking from soul-consciousness, in full recognition of relationship and unity with the One Perfect Mind.

Truly soul-conscious man lives in Paradise, here and now. He glories in the great Realities, and expresses his understanding and vision in the panorama of plastic form in the phenomenal world.

We have the privilege of making our thoughts, words, acts and form, wholesome and beautiful by the soul power with which we constantly infuse them.

SOURCE

We should give the outer conditions of life their true place, and understand the Real Source of life and power. In this way, we bring life into true harmony or adjusted relationship.

To rightly understand practical metaphysics, we recognize objective things as channels, and the Universal Mind as the Source. The Universal Mind is the cause; the outer relations are simply the conditions. The conditions or channels may vary: the Source or Cause is divinely constant. One should place his trust and his reliance in the Source, for in this way his success is assured, as the wisest conditions will always be chosen.

There will be full power of adaptability in all conditions. This elasticity or mobility of conditions or channels is a prime requisite of youth and progress.

Changes in the outer sphere are regarded calmly and with poise for the Source of all life, love, wisdom and supply is from everlasting to everlasting, and the Spring will yield its resources forever.

SUPPLY

Practical psychology and spiritual law may be applied to the attainment of supply, and its abundance and quality assured.

Have absolute faith that there is an almighty power available to secure supply.

Perfect the quality of your demand; have faith, and work with wisdom. The necessities of life, and many beautiful things and conditions usually deemed luxuries are yours to enjoy. Supply will manifest generously for your artistic and higher desires as well as the supply to meet the simple requirements of each day. Realize your oneness with the Source of Supply; affirm your birthright of supply; visualize your supply and feel thankful for its sure demonstration in advance of its material possession, for that will surely follow.

SUPER-MAN

The Super-man is one whose consciousness is so unfolded that he recognizes his oneness with the Universal Mind and with his fellow man, and demonstrates this oneness by his glad, loving and divinely efficient service.

All men are Super-men in the making. As we increase the area of our perception and enrich our thoughts and unfold the latent splendors of the mind and body, we grow nearer to the super-expression of power.

The Super-men will be ourselves unfolded, regenerated and illumined. Look forward to individual demonstration of these higher powers, and practice the essential principles now.

The Super-man has perfect and permanent health. He has everlasting youth. He has splendid poise, power and strength. He is scientifically optimistic. He lives and lets live. He lives in harmony with Nature, spiritual, mental and physical. He rejoices in constructive thought, word and action.

The keynote of the principle of the real Superman is Love and Service. He rejoices in the freedom and power of others, and helps all to live to reveal the real, divine self.

SYMBOLISM

Many of the great lessons of life have been given to the world through means of symbols. The subconscious intelligence naturally symbolizes. Sometimes symbols have been employed to reserve certain truths for those who would be advanced enough in interpretation of life to rightly use them. Truth has sometimes been pre-

served through the ages in the chrysalis of symbolism.

To many the whole visible universe is a series of symbols of the interior realities and beauties.

TELEPATHY OR THOUGHT TRANSFERENCE

Telepathy is normal and constant communication between subconscious minds. Telepathy in the form of the transference of thought to the conscious mind of another is an art to be studied and practiced.

Telepathic healing may be practiced when one realizes that telepathy is normal to the subconscious mind, and also that it is the subconscious mind that rebuilds the body, and has charge of its functions.

Think of the one you desire to heal as *subjectively present.* Realize that time and space are purely relative or objective conditions. Because the one you desire to heal is present in a subconscious sense, speak the word of health, or voice the healing affirmation you desire, as simply as though this one was objectively present.

As you think of this one, realizing his pres-

ence, the healing message will reach his subconscious mind. The subconscious will gladly accept and act upon this suggestion. The conscious co-operation of the individual receiving the healing word should be invited whenever such a one will respond constructively, and only in that event.

One can frequently accomplish splendid healing in this modest, silent way. Many people in this new age make themselves helpers to uplift the world, and are like angel messengers, transmitting healing messages everywhere.

The knowledge of the One Mind opens the way to realize health for those we know everywhere, and even the thought expressed impersonally of healing and love will aid many.

Thought transference, in which one sends a mental message to another, who consciously receives it, is a possibility, but is usually attained where people are especially attuned to each other, or the art is persistently practiced.

At a given time of practice, have a clear idea of who is to be the transmitter and who is to be the receiver. The former concentrates clearly on the chosen subject, word or sentence, with the

will to impress upon the mind of the receiver. The receiver makes himself ideally receptive to the message.

It is often a good plan to alternate the exercise, and let the one who has been transmitter be the receiver.

One by-product of the practice of thought transference is excellent exercise in concentration when transmitting telepathic thought, and receptivity when seeking to receive the message.

It is both interesting and valuable to cultivate our spiritual and psychological powers, when there is also a wholesome, co-ordinated development of the physical life.

Telepathy and thought transference are valuable as healing factors, and are also often instrumental in protecting life by increasing the area of our perception.

THANKSGIVING

Thanksgiving is the most effective form of prayer, because it is founded on the realization of our present good. It is therefore the prayer of greatest faith and efficiency. It recognizes that "Faith is the substance of things hoped for."

The affirmation of realization and thanks, offered freely in advance of the actualization of the good desired, fulfills the ideal of the great Teacher, "Pray, giving thanks, believing ye have already received."

THOUGHT

Thought is the activity of mind in perceiving, thinking and visualizing. Thought is a real force. As we see the effect of electricity in light, and in moving machinery, so we see the effect of the force of thought everywhere.

The New Psychology or Constructive Thought movement is based on the idea of utilizing the power of thought to direct all the relationships and conditions of life into health, happiness and success.

Thinking love, we become loving; thinking life, we become in the fullest and most abundant sense of the word, living; thinking health, we become healthful; thinking joy, we become joyous; thinking wisdom, we become wise.

Thought training is essential to cultivate constructive habits of thought, so that it becomes

second nature to think in an inspiring and upbuilding way.

Thought is our most vital form of action. It inspires to all other forms of activity. Right thinking is therefore a fundamental need.

When we think aright, we eat rightly, breathe rightly, exercise and rest, rightly. In healing, we seek to induce channels of happy, expectant, confident thinking.

To manifest the powers of mind, one should practice thought concentration, so that one may be fully loyal to the particular thought before the mind, and give it full power. One should seek to be positive or passive at will. It is a mark of thought culture to be able to be ideally expressive or fully receptive, according as wisdom best directs.

TRANSFORMATION

Through the constructive influence of thought and imagination, the outer life can be transformed into life and beauty, like the innermost life.

We can transform ourselves in mind, body, and affairs by persistently holding the ideal. The

body is constantly being rebuilt. Right thinking combined with right eating, exercising, and wisdom in all life habits, will enable us to rebuild the body along more perfect lines.

People have been so transformed in a physical way that one could hardly recognize them. Through true thinking, they have been born anew to health, happiness and success.

Many people by wise thoughts and activities have so transformed themselves in a few months that they looked and felt ten or even twenty years younger.

As a loving, happy thought often illuminates a face, and gives it an expression of beauty, so this thought can be made habitual. In time features, contours and form can be changed and transformed.

The environment in which we live is transformed when we renew our mental attitude, or we are attracted to new environments because of our changed mental relationship.

We can transform our affairs and circumstances, and cultivate the habit of prosperity, the habit of attracting supply, the habit of relating ourselves to peace, power and plenty.

Earth is to be transformed by new and vital ideas, and ideals of love, life and beauty. We are not to wait to be transformed. We are to be transformed by thinking, planning and working to bring the new order into being. The power is within each one to transform, and be the man or woman he or she desires to be.

TRANSMUTATION

The transmutation of the various metals into gold, the ideal of the alchemists, is regarded by many as a symbolic representation of the transmutation of the creative forces from generation to regeneration.

Science today is commencing to recognize the possibility of both transmuting metals and also of discovering the elixir of life. The discoveries in connection with radium, and other substances, have opened up interesting problems in connection with transmutation.

The alchemist's dream will be fulfilled. The dreams of one age become actualized in another, and sometimes in the same age in which the dreams are conceived.

TREATMENT

Treatment is the process by which one is so consciously or subconsciously educated into the health or constructive idea, that the concept becomes an active and effective principle to mentally and physically manifest itself.

One can treat himself through this knowledge of the supremacy of mind or one can receive treatment from others. In either case, the real healing power is within each individual. (See Healing.)

TRUTH

Relative truth applies to facts concerning things or conditions in the actual, objective world.

Absolute Truth refers to the fixed and unchangeable principle of Being. "The Truth," in the sense that Jesus said, "I am the Way, the Truth and the Life," represents the perfect and universal Christ Spirit. In the statement, "Ye shall know the Truth, and the Truth shall make ye free," The Truth of Being, or man's unity with his Divine Source, is signified.

UNDERSTANDING

Through understanding of life and its beautiful laws, we learn to master ourselves, to cultivate, beautify and enrich the mind, to make the body well, buoyant and symmetrical, and to fill our environment with comfort and charm.

Everyone should seek to possess the power of constructive sympathy and heartfelt understanding. With richer understanding, we recognize the latent good in all, and seek to bring it forth into true expression.

UNFOLDMENT

Think new ideas; cherish new ideas; initiate new activities. When this is done, one is sure to be young, for unfoldment and youth are synonymous. Nature gladly yields us all the life we can use in unfoldment.

Particularly should we seek to unfold our mental and spiritual powers. This is greatly helped by realizing that we are Spirit, here and now, and that this is essentially a Spiritual Universe.

Manifest life should be a perpetual unfold-

ment. The open, receptive mind makes unfoldment perpetually possible.

Conceiving that truth and all power proceed from within outward, we see the key to true spiritual, mental and physical unfoldment. First we concentrate on the fact that the power to unfold and manifest the ideal condition is within us. Then we are ready to act on the basis of these assured resources, and all our activities are strengthened by this inspired faith.

While we may occasionally demonstrate something in a dramatic and instantaneous manner, our manifestations of increased life, health, wealth and wisdom will usually be a quiet, natural growth or unfoldment from within.

UNITY

Unity is the state of being one. Realizing our oneness with the Infinite Mind, our oneness with all mankind and all life, we work joyously and earnestly for the good of all. The concept of unity lifts us to the highest plane of thinking, speaking and living.

One with life, we know that we shall always live. In divine unity, all things are possible.

UNIVERSAL

As we unfold the higher life, we become more universal in our love and interest. We love the individuals dear and near to us, more than ever, and we also reach out to love all humanity. We realize the One Life in all and through all, and become truly universal in aim, purpose and work.

VIBRATION

Life manifests everywhere in law and order, and every form owes its nature, and contour to its rate and quality of vibration. Mind, however, is always the primary cause.

Harmonious vibration naturally implies health and beauty. Thoughts are vibratory, infinitely fine and subtle, and harmonious, positive thoughts raise and tranquilize the vibrations of the body.

Because of the power of harmonious vibration, music is a wonderful healing power. Musical healing will play a large part in individual reconstruction.

Scientists are seeking to explore the realm of

vibration. At a certain rate of vibration, we have light; at another rate, we have color; at another rate of vibration we have the results produced in wireless telegraphy, and so on. The possibilities are Infinite, and discoveries of surpassing value will soon come to view.

When we understand the law of vibration more fully, universal communication will be established, and we will become acquainted with worlds and beings of great wonder, power and beauty.

With a fuller understanding of vibration, we will manifest the Law of Attraction so fully, we will be complete masters of the air, and though the earth will be our footstool, we will inhabit the skies.

The immediate step to harmonious, healthful, masterful vibration is constructive thought, word and action. Be an artist in this particular, and each day aim to excel the previous day's record.

VISUALIZATION

By visualizing, or exercising the art of mental imagery, we fill the mind with mental treasure. The ideal images stored in the mind, with affirm-

ative mental associations of health, life, success and happiness, form the pattern and plan of our life. Body and mind both receive the transforming power.

Visualization is one of the most interesting forms of concentration, as it acts in a graphic and effective way. See yourself as you desire to be. Picture yourself as the embodiment of health, cheerfulness and prosperity. Believe with all your heart, as you mentally enjoy these pictures, that your ideals will be realized.

Visualize yourself growing younger day by day, just as young as you can be in combination with wisdom and efficiency.

Visualize yourself beautiful as an expression of the Divine should be. Visualize yourself useful to mankind, and with the visualization and happy ideal thrilling you, give it practical application in wholesome, helpful activities on the physicial as well as spiritual and mental plane.

Even though in a flight of fancy you visualize yourself fifty or one hundred or more years in the future, visualize yourself more vital and more inspiring in form and action. You are the

architect and sculptor of your body and your destiny.

Train to make your ideas clear and definite; full of concentrated power and purpose. Illustrate these ideas to your subconsccious mind in vivid, happy imagery. You can re-educate and transform yourself by the scientific use of purposeful visualization.

See yourself, in mind, surrounded by artistic, congenial people. See yourself in pleasing, wholesome surroundings. Visualize yourself in simple elegance, where all the prosperity is indicated that is consistent with healthful, natural conditions.

You draw into your life, or manifest around you, the conditions that you visualize clearly and in faith. The life, love and wealth you conceive to-day in clear and pure visualization will surely have birth in your life. The Law of Attraction operates with perfect force to embody that for which you have mentally formed the soul. (See Concentration.)

VISION

Where there is true vision, there is life abundant. When the divine ideal is lifted up to view,

it draws to itself all men and all conditions for perfect fulfillment.

VISION (Physical)

Perfect physical vision is such a boon that one should seek to do everything spiritually, mentally and physically to possess it.

Here are a few rules that will be of value for the preservation of perfect and permanent vision:

(1) Realize that every second Nature is renewing the particles of which the eyes are composed.

(2) Affirm, with clear understanding, "My eyes are as new as the eyes of a child."

(3) As life expresses itself in correspondences, affirm, "I am daily growing toward expression of perfect spiritual, mental and physical vision."

(4) Make your life the embodiment of Love so that you look gently, easily, and in poise at all things and at all people.

(5) Use wisdom in the use of the eyes, alternating their normal exercise with plenty of rest.

(6) Realizing the unity of the eyes with the rest of the body, build up general health by

right thinking and wise living, so that the eyes will reflect the purity and vitality of the complete organism.

(7) Have perfect faith that your eyes can and will manifest perfect vision, ease and adjustment.

VITALITY

We may build superb vitality by combining the virtues of vital thought and affirmation with invigorating exercises and "close to Nature" living. As the years progress, it is a joy for one to feel vitality increasing. Every year and day of life may be a vital climb.

Breathe with inspiration and power; exercise with joy and zest; eat wisely and moderately; let Nature bless your whole body with sun and air; think happily and constructively, and live with definite, glad purpose. This regime will fill your life with radiant vitality.

For the encouragement and inspiration of others, as well as yourself, be an example of splendid and constant vitality. Be a health evangelist through practical demonstration of what right thinking and natural living can do for all.

Build splendid vitality, and you establish between mind and body a beneficent cycle. Mind helps body, and body reacts favorably on our thoughts, and the quickened thoughts help the body still more. This is the way to perpetual increase of health and vitality.

By cultivating mental and physical vitality we can meet life confidently and courageously at all times. We are prepared to live and to live more abundantly. Vitalize now!

WEALTH

The proper production and distribution of wealth is for both individual and social adjustment. Individual realization of our birthright of wealth, and individual visualization and activity, are all important factors. Scientific cooperation is also of great importance.

Wealth is the divine and natural order. All life is an eloquent witness to this fundamental fact. Nature is rich and generous. Opportunity and activity open the way to the possession and use of wealth.

The individual should seek to bring about cooperation by wise legislature. He should, how-

ever, always do his very best with the present opportunities and privileges. His activities on behalf of social reconstruction and co-operation should be of a one hundred per cent constructive order in thought, word and deed.

The universe has wealth for all. We are to work together in love and wisdom, as one great family, to mutually manifest and enjoy this wealth.

Treat yourself, in success concentration, for wealth, and always include the vision and ideal of wealth for all.

WILL

Do new things with confidence and courage. Think new thoughts, and meet new people, and make new associations. Dare to do the great things that require thought, courage and energy.

Exercise of the will in simple things leads to its growth in connection with the larger things of life. The true expression of will is a matter of habit, to be attained by aspiration, affirmation and activity.

God's will for us is the *good* will in us. This will is always for life, happiness and power.

The power of the will is so mighty that one is thrilled to realize its vast possibilities. When the individual will is attuned to the universal will, every day can be a day of glorious purpose and achievement.

The cultivation of the will is really the releasing or expression of the power that is within us. The most potent force of the will can be exercised in marvelous peace and poise.

One can express superior will power by seeking to also express the component elements of will in the most constructive and effective manner. These stages of the expression of will are perception, desire, imagination, decision, determination and ultimate volition.

By combining previously chosen affirmations with similarly arranged activities for daily use, one can give liberal expression to renewed will power.

WISDOM

Through wisdom, we find the way to perpetual life, success and happiness. Aspiration for wisdom should be a daily exercise until it is ingrained into our very natures through constant habit.

Wisdom is the key to all treasure and all achievement. Wisdom in thinking, speaking and acting will give perfect health, radiant beauty, eternal youth, abundant wealth, perfect activity each day, and perfect sleep each night, and will give absolute protection.

Wise speech vibrates life to everyone. As Solomon says, "The tongue of the wise is a fountain of life." Wise action is always of an upbuilding, helpful, co-operative order, working for the interest of one and all.

The universe is ensouled by an ever present and ever-powerful intelligence which is Infinite Wisdom. A period of Silence, with the sincere aspiration to commune with this Power and receive wisdom, will be a real force toward this accomplishment. This wisdom will illuminate your reason and perfect your intuition. Wisdom always looks for the constructive way, and will always find it.

WISH

A wish possesses considerable power. It should be unfolded into wise *will* to possess true potency.

The good wishes we have for others may be made truly effective in the light of the practical and higher psychology.

Understanding the constructive power of thought, we send the wish in such a wise and understanding way that it becomes a silent builder of success and happiness, in the sphere of the subconscious intelligence. The good-will in your wish, supplemented by your knowledge of thought power, gives to the wish a vital power.

WOMAN

Woman is finding her true place in the world to-day, through a realization of her inherent powers, and a consciousness of her right to freedom.

Woman, working harmoniously with man, will bring the co-ordinated, creative action that will balance and adjust the affairs of the world in true order and adjustment.

Woman's predominant intuition with man's predominant reason will combine to make the vision clearer, and the work of life more inspiring and successful.

The new woman will have children, lovely

and vital, prenatally prepared to live and prosper. When her children are grown to help themselves, she will initiate new cycles of unfoldment. She will be the youthful companion of her children when they have grown to manhood and womanhood. She will be as vital, as young, as beautiful as they will be. There will be no distinction in age, except as passing years will unfold through experience an increasing wisdom and strength and beauty of unfoldment.

YOUTH

Youth is the expression of true unfoldment. The way to be always young is to be always growing. Renew and re-educate the mind. Renew and transform the body. Renew and remold the character. Renew and beautify the environment.

Youth is harmony with the Law of Attraction. It is filling the mind with high ideals, and working them out in happy activity. Youth is anticipation of the good, expectancy of the beautiful. Youth looks joyously forward.

Youth is for all, and for all time. Its glory can be everlasting; its charm can be perpetual.

It is to be realized as eternal in principle, and made eternal in practice and demonstration. Thinking a new thought, one is always young. Initiating a new work, one is young, alert and vital.

Commune with the Infinite Life, Love and Intelligence. Let your life sparkle with pure optimism. Enter into the delight and ecstasy of life. Give yourself with glad freedom to life, love, laughter and song. In everything, be constructive for yourself and others.

Youth is versatile, elastic, buoyant and resilient. Think of these qualities and dwell upon them mentally, and you will surely grow to manifest them.

The Fountain of Youth is now within us. We may radiate its waters through every cell and atom. We can permeate every atom with the radiant elixir of everlasting youth.

Love is the elixir of youth. Love to live and live to love!

ZEAL

To win the glorious conditions of life, youth and success promised and prophesied in this

work, the ardor and application of persistent zeal are essential. Thinking, speaking, playing, praying and working with true zeal, success is inevitable.

ZEST

Life lived in accordance with the principles of Constructive Psychology will give a zest to life which will perfect our ability and will to live. Life will be full of meaning and purpose. When we live with the daily plan of making the Divine visible and manifest, every moment will be supremely zestful and life will be the golden joy which is the birthright of us all.

THE END

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